

FISH ADVISORY

Women Under Age 45 and Children

Seafood contains important nutrients, including Omega-3 fatty acids, but also contains mercury, which can be harmful to women and children.

DO NOT EAT

Swordfish - Shark - Tilefish - King Mackerel

Limit albacore tuna to one, 6-ounce serving a week, and eat no other fish that week.

Light canned tuna, however, may be eaten twice a week.

High (avoid)	Moderate (limit to one, 6-oz serving/week)*	Lower (12-ounces or 2 servings per week) (listed from lowest to highest levels)		
Fresh/Frozen Tuna and Sushi Tuna Spanish Mackerel Chilean Sea Bass Grouper Marlin Orange Roughy	Snapper Skate Freshwater Perch Monkfish Halibut Sablefish Sea Trout Sea Bass Bluefish American Lobster	Shrimp Sardines Tilapia Clams, Oysters, Scallops, Mussels Salmon Crayfish Freshw. Trout Ocean Perch/Mullet	Pollock Atl. Mackerel Anchovy/Herring Sole, Flounder Crab Pike Butterfish Catfish Squid	Atlantic Croaker Whitefish Pac. Mackerel/Chub Smelt Cod Canned Light Tuna Spiny Lobster

(1) * Women under age 45 and children who eat fish from the yellow category should eat no other fish that week.

(2) Fish are listed from lowest to highest mercury levels.

(3) For more information see www.epa.gov/mercury or www.fda.gov.

