

MERCURY LEVELS IN FISH

HIGH

Bluefish
 Crab (Blue)
 Grouper*
 Mackerel (King, Spanish, Gulf)
 Marlin*
 Orange Roughy*
 Salmon**
 (Farmed, Atlantic)

Seabass (Chilean*)
 Shark*
 Swordfish*
 Tilefish*
 Tuna (Ahi, * Yellowfin, * Bigeye, Blue, Canned Albacore)

*Overfished ** May Contain PCBs



MEDIUM

Bass (Striped, Black)
 Carp (Freshwater)
 Cod (Alaskan)
 Croaker (White Pacific)
 Halibut (Pacific, Atlantic*)
 Lobster
 Mahi Mahi

Monkfish*
 Perch (Freshwater)
 Sablefish
 Skate*
 Snapper*
 Tuna (Canned Chunk Light, Skipjack*)
 Sea Trout

Data from: nrdc.org



LOW

Arctic Cod
 Anchovies
 Butterfish
 Catfish - Clam
 Crab (Domestic)
 Crawfish/Crayfish
 Flounder*
 Haddock (Atlantic*)
 Hake - Herring

Mackerel (N. Atlantic, Chub)
 Mullet - Oyster
 Plaice - Pollock
 Salmon** (Canned, Fresh, Wild)
 Sardine - Scallop
 Shrimp* - Sole
 Squid - Tilapia
 Trout - Whitefish
 Whiting

