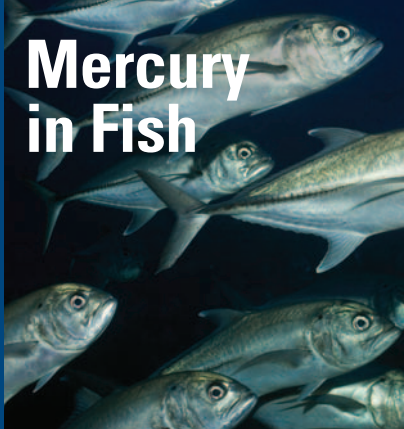




Mercury in Fish



Eating fish is good for you, right?

It can be. But some fish is high in mercury, a chemical that can cause serious health problems, especially for children and pregnant women.

If you are pregnant or planning to become pregnant, use this guide to see what amount of fish sold in grocery stores and restaurants is safe to eat.

Keep this card with you.

Refer to it when you go to restaurants or the grocery store to help you make healthy choices for you—and for the ocean.



EATING CANNED TUNA SAFELY

If you weigh:

Don't eat more than 1 can every:

| | White Albacore | Chunk Light |
|----------|-----------------------|--------------------|
| 20 lbs | 10 weeks | 3 weeks |
| 30 lbs | 6 weeks | 2 weeks |
| 40 lbs | 5 weeks | 11 days |
| 50 lbs | 4 weeks | 9 days |
| 60 lbs | 3 weeks | 7 days |
| 70 lbs | 3 weeks | 6 days |
| 80 lbs | 2 weeks | 6 days |
| 90 lbs | 2 weeks | 5 days |
| 100 lbs | 2 weeks | 5 days |
| 110 lbs | 12 days | 4 days |
| 120 lbs | 11 days | 4 days |
| 130 lbs | 10 days | 4 days |
| 140 lbs | 10 days | 3 days |
| 150+ lbs | 9 days | 3 days |

Visit www.NRDC.org/mercury for more information about mercury and fish.

- Learn about mercury and its effects
- Know how mercury gets into your home and food
- Sign up to take action to protect yourself and your family

Test your mercury levels on our online calculator

LEAST MERCURY



| | | |
|---------------------|------------------------------|--------------------|
| Anchovies | Herring | Sardine |
| Butterfish | Mackerel (N. Atlantic, Chub) | Scallop* |
| Catfish | Mullet | Shad (American) |
| Clam | Oyster | Shrimp* |
| Crab (Domestic) | Perch (Ocean) | Sole (Pacific) |
| Crawfish/Crayfish | Plaice | Squid (Calamari) |
| Croaker (Atlantic) | Pollock | Tilapia |
| Flounder* | Salmon (Canned)** | Trout (Freshwater) |
| Haddock (Atlantic)* | Salmon (Fresh)** | Whitefish |
| Hake | | Whiting |

MODERATE MERCURY



EAT SIX SERVINGS OR LESS PER MONTH:

| | | |
|-------------------------|------------------------|---------------------------|
| Bass (Striped, Black) | Jacksmelt (Silverside) | Skate* |
| Carp | Lobster | Snapper* |
| Cod (Alaskan) | Mahi Mahi | Tuna (Canned chunk light) |
| Croaker (White Pacific) | Monkfish* | Tuna (Skipjack)* |
| Halibut (Atlantic)* | Perch (Freshwater) | Weakfish (Sea Trout) |
| Halibut (Pacific) | Sablefish | |

HIGH MERCURY



EAT THREE SERVINGS OR LESS PER MONTH:

| | | |
|----------|--------------------------|------------------------|
| Bluefish | Mackerel (Spanish, Gulf) | Tuna (Canned Albacore) |
| Grouper* | Sea Bass (Chilean)* | Tuna (Yellowfin)* |

HIGHEST MERCURY



AVOID EATING:

| | | |
|-----------------|------------|---------------------|
| Mackerel (King) | Shark* | Tuna (Bigeye, Ahi)* |
| Marlin* | Swordfish* | |
| Orange Roughy* | Tilefish* | |

***Fish in Trouble!** These fish are perilously low in numbers or are caught using environmentally destructive methods.

**** Farmed salmon** may contain PCB's, chemicals with serious long-term health effects.

Information in this guide is based on averages from the FDA's test results for mercury in fish and the EPA's determination of safe levels of mercury for women of reproductive age. Some individual fish have mercury concentrations significantly higher than the average. For more details, see: www.nrdc.org/mercury.