



Fish and Shellfish Recommendations

By following these three recommendations for selecting and eating fish or shellfish, women and young children will receive the benefits of eating fish and shellfish and be confident that they have reduced their exposure to the harmful effects of mercury:

1. Do not eat shark, swordfish, king mackerel or tilefish because they contain high levels of mercury.
2. Eat up to 12 ounces per week of a variety of fish and shellfish that are lower in mercury. Five of the most commonly eaten fish or shellfish that are low in mercury are shrimp, canned chunk light tuna, salmon, pollock and catfish. Another commonly eaten fish, albacore (white) tuna, has more mercury than canned light tuna. So, when choosing two meals of fish and shellfish, you may eat up to six ounces of albacore tuna per week.
3. Avoid eating fish caught in local waters. Fish from Minnesota and Canada maybe safer.