

Mercury Levels in Fish

This document accompanies the online nutrition video titled “**Detoxing from Mercury Toxicity: Foods to Help Chelate Mercury**” viewable at barbaramendeznutrition.com.

This guide is from the **Natural Resources defense Council**.

LEAST MERCURY

Enjoy these fish:

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

MODERATE MERCURY

Eat six servings or less per month:

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

HIGH MERCURY

Eat three servings or less per month:

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

HIGHEST MERCURY

Avoid eating:

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

*** Fish in Trouble!** These fish are perilously low in numbers or are caught using environmentally destructive methods. To learn more, see the Monterey Bay Aquarium and the Blue Ocean Institute, both of which provide guides to fish to enjoy or avoid on the basis of environmental factors.

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

Sources for NRDC's guide: The data for this guide to mercury in fish comes from two federal agencies: the Food and Drug Administration, which tests fish for mercury, and the Environmental Protection Agency, which determines mercury levels that it considers safe for women of child-bearing age. View the equations we used to make these serving recommendations.

About the mercury-level categories: The categories on the list (least mercury to highest mercury) are determined according to the following mercury levels in the flesh of tested fish.

Least mercury: Less than 0.09 parts per million

Moderate mercury: From 0.09 to 0.29 parts per million

High mercury: From 0.3 to 0.49 parts per million

Highest mercury: More than .5 parts per million