Enjoy up to 2 servings each week
Avoid 1 serving a week

PSR/ARHP Guide to Healthy Fish

**LOWEST MERCURY LEVELS**

- Clams
- Oysters
- Shrimp
- Tilapia
- Crawfish
- Haddock
- Trout (freshwater)
- Catfish
- Flattfish (includes flounder and sole)
- Mackerel (Atlantic)
- Scallops
- Crab (Blue, King, and Snow)
- Pollock
- Shad (American)
- Squid
- Tuna (canned chunk light)
- Lobster (spiny)
- Mackerel Chub (Pacific)
- Cod
- Perch (Freshwater)
- Skate
- Halibut
- Mackerel – Spanish (S. Atlantic)
- Monkfish
- Snapper
- Weakfish (Sea Trout)
- Bass (saltwater; includes sea bass/striped bass/rockfish)

**KEY**

- contain PCBs or other pollutants
- rarely tested for mercury
- overfished

For more information, visit www.mercuryaction.org.

- Lobster (Northern/American)
- Tuna (canned, white albacore)
- Tuna (fresh/frozen)
- Mackerel-Spanish (Gulf of Mexico)
- Marlin
- Orange Roughy
- Grouper

- Salmon (fresh/frozen)
- Sardines
- Herring
- Bluefish

- Mackerel – King (Atlantic & Gulf of Mexico)
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)

**FATTY FISH**

- Mackerel (Atlantic)
- Scallops
- Crab (Blue, King, and Snow)
- Pollock
- Shad (American)
- Squid
- Tuna (canned chunk light)
- Lobster (spiny)
- Mackerel Chub (Pacific)
- Monkfish
- Snapper
- Weakfish (Sea Trout)
- Bass (saltwater; includes sea bass/striped bass/rockfish)

**FOLD**

Remember to check local and state fish advisories.

Clip and save this WALLET CARD for use in grocery stores and restaurants.

Fish are listed here from the lowest to the highest mercury level, except fatty fish, which are treated separately in the orange section. Fish known for high levels of PCBs or other non-mercury pollutants are marked with a ✶. Fish that have rarely been tested are marked with a ✘.

Seafood that has been over-harvested is marked with a ⚫. We advise limiting your consumption of these fish in order to allow their populations to recover.

Healthy Fish, Healthy Families

www.mercuryaction.org

PSR
PHYSICIANS FOR SOCIAL RESPONSIBILITY

ARHP
ASSOCIATION OF REPRODUCTIVE HEALTH PROFESSIONALS (ARHP)