



Healthy Fish, Healthy Families

www.mercuryaction.org



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.

PSR/ARHP Guide to Healthy Fish					
Enjoy up to 2 servings each week	<ul style="list-style-type: none"> ? Clams ? Oysters ? Shrimp Tilapia Crawfish Haddock Trout (freshwater) Catfish Flatfish (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) 	<p>LOWEST MERCURY LEVELS</p> <p>Remember to check local and state fish advisories.</p> <p>FOLD</p>			
	1 serving a week	<ul style="list-style-type: none"> Lobster (Northern/American) Tuna (canned, white albacore) Tuna (fresh/frozen) Mackerel-Spanish (Gulf of Mexico) Marlin * Orange Roughy * Grouper 	<p>FOLD</p> <p>For more information, visit www.mercuryaction.org.</p>		
		1-2 servings a month	<ul style="list-style-type: none"> ✖ Salmon (fresh/frozen) ✖ Sardines ✖ Herring ✖ Bluefish 	<p>FATTY FISH</p>	
			Avoid	<ul style="list-style-type: none"> Mackerel – King (Atlantic & Gulf of Mexico) * Shark * Swordfish * Tilefish (Gulf of Mexico) 	<p>HIGHEST MERCURY LEVELS</p>



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