

BRAIN FOOD: WHAT WOMEN SHOULD KNOW ABOUT MERCURY IN FISH

LOWEST IN MERCURY

Trout (farmed)
 Catfish (farmed)
 Shrimp *
 Fish Sticks
 Flounder (summer)
 Salmon (wild Pacific)
 Croaker
 Blue crab (mid-Atlantic)
 Haddock

NO MORE THAN ONE SERVING FROM THIS LIST PER MONTH

Canned tuna
 Mahi mahi
 Blue mussel
 Eastern oyster
 Cod
 Pollock
 Great Lakes salmon
 Gulf Coast blue crab
 Channel catfish (wild)
 Lake whitefish

AVOID IF PREGNANT

Shark
 Swordfish
 King mackerel
 Tilefish
 Tuna steaks
 Sea bass
 Gulf Coast Oysters
 Marlin
 Halibut
 Pike
 Walleye
 White croaker
 Largemouth bass

DATA FROM THE 1970's SHOW HIGH CONCENTRATIONS (NO RECENT DATA AVAILABLE)

Porgy
 Orange Roughy
 Snapper
 Lake Trout
 Bluefish
 Bonito
 Rockfish

* Shrimp fishing and farming practices have raised serious environmental concerns.