

**Physicians for Social Responsibility/
Association of Reproductive Health Professionals
Guide to Healthy Fish**

Enjoy up to 2 servings each week

- ? Clams
- ? Oysters
- ? Shrimp
- Tilapia
- Sardines
- Crawfish
- Haddock
- Trout (freshwater)
- x Herring
- Catfish
- Flatfish (includes Flounder and Sole)
- Scallops
- Crab (Blue, King and Snow)
- Pollock
- Squid
- Tuna (canned chunk light)
- Lobster (spiny)
- * Cod
- Halibut
- Mackerel—Spanish (S. Atlantic)
- * Snapper
- Sea Trout

LOWEST
MERCURY LEVELS

KEY

- x contain PCBs
or other pollutants
 - ? rarely tested for
 - * mercury overfished
- Remember to check local and state fish advisories available at www.epa.gov/waterscience/fish

1 serving a week

- Bass (saltwater; includes sea bass/striped bass/rockfish)
- Lobster (Northern/American)
- x Bluefish
- Tuna (canned, white albacore)
- Tuna (fresh/frozen)
- Mackerel—Spanish (Gulf of Mexico)
- Marlin
- * Orange Roughy
- * Grouper

Salmon

- Salmon—canned Pacific: 2 servings/week
- x — wild/Pacific (fresh/frozen): 2 servings/month
- x — farmed/Atlantic (fresh/frozen): 1 serving every 2 months

AVOID

- Mackerel—King (Atlantic and Gulf of Mexico)
- * Shark
- * Swordfish
- * Tilefish (Gulf of Mexico)

HIGHEST
MERCURY LEVELS