



MERCURY LEVELS IN FISH

◆Pregnant women/children meals: High, do not eat;
Med, 1/mo.; Low, 1/wk.

◆Adult meals: High, 1/mo; Med, 1/wk.; Low, 2-3/wk.

High

Shark
Swordfish
King Mackerel
Tilefish
Marlin
Gulf Coast Oysters

Medium

Grouper, Sea bass
Tuna (fresh, canned)
Mahi Mahi, Halibut
Pike, Walleye
Largemouth Bass
Great Lakes Salmon

Low

Flounder
Farmed Trout
Wild, Ocean Salmon
Haddock
Blue Crab
Shrimp, Scallops
Fish Sticks, Cod



PCB LEVELS IN FISH

◆See other side for meals/month recommendations.

High

Channel Catfish
Large Lake Trout
Carp

Medium

Chinook, Coho Salmon
Some Farmed Salmon
Rainbow Trout
Brown Trout
Largemouth Bass

Low

Yellow Perch
Lake Whitefish
Smelt
Sunfish
Wild, Ocean Salmon

PCBs are stored in fish fat; prepare and cook fish to minimize fish fat.

Sources of information listed at:

www.environmentalhealthconsulting.com/fish.htm

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