

## *Module 11, Lesson 7 Handout:*

### **Mercury Cheat Sheet**

Mercury content in seafood varies widely, and fear of mercury poisoning is not a reason for a client to miss out on the nutritional benefits of fish. The NRDC Smart Seafood Buying Guide keeps track of the most environmentally ethical and healthy fish to buy and eat and is updated regularly. The Monterey Bay Aquarium's [seafoodwatch.org](http://seafoodwatch.org) is another great resource for staying up to date on seafood recommendations. Here's a list of current seafood recommendations, keeping in mind that recommendations do change often so refer back to those two resources.

#### **LEAST MERCURY: Eat these fish often**

- Anchovies
- Catfish
- Clam
- Crab (Domestic)
- Crawfish/Crayfish
- Flounder
- Haddock (Atlantic)
- Hake
- Herring
- Mackerel (N. Atlantic, Chub)
- Oyster
- Pollock
- Salmon
- Sardine
- Scallop
- Shrimp
- Sole (Pacific)
- Squid (Calamari)
- Tilapia
- Trout (Freshwater)
- Whitefish

#### **MODERATE MERCURY: Eat six servings or less per month**

- Bass (Saltwater, Striped, Black)
- Carp

- Cod (Alaskan)
- Lobster
- Mahi Mahi
- Monkfish
- Perch (Freshwater)
- Skate
- Snapper
- Tilefish (Atlantic)
- Tuna (Canned chunk light, Skipjack)

## **HIGH MERCURY: Eat three servings or less per month**

- Halibut (Atlantic, Pacific)
- Mackerel (Spanish, Gulf)
- Perch (Ocean)
- Sablefish
- Sea Bass (Chilean)
- Tuna (Albacore, Yellowfin)

## **HIGHEST MERCURY: Avoid eating**

- Bluefish
- Grouper
- Mackerel (King)
- Marlin
- Orange Roughy
- Shark
- Swordfish
- Tuna (Bigeye, Ahi)