

MERCURY IN FISH

By Dr Wendy Wells

The Food and Drug Administration warns that pregnant women, nursing mothers, women who might become pregnant, and children should not eat swordfish, shark, tilefish, and king mackerel because of their high methylmercury content. The FDA also warns women and children to limit their consumption of tuna.

How many ounces of seafood is a typical serving? A typical serving of fish (steak or fillet) is about 6 to 8 ounces. A sushi order is 2 to 4 ounces per type. A standard can of tuna contains 6 ounces.

HIGHEST MERCURY

Avoid eating:

Mackerel (King)
Marlin
Orange Roughy
Shark
Swordfish
Tilefish
Tuna

HIGH MERCURY

Eat three servings or less per month:

Bluefish
Grouper
Mackerel (Spanish, Gulf)
Sea Bass (Chilean)
Tuna (Canned Albacore)
Tuna (Yellowfin)

LEAST MERCURY

Enjoy these fish:

Anchovies
Butterfish
Catfish
Clam
Crab (Domestic)
Crawfish/Crayfish
Croaker (Atlantic)
Flounder
Haddock (Atlantic)
Herring
Mackerel (N. Atlantic, Chub)
Mullet
Oyster
Perch (Ocean)
Plaice
Pollock
Salmon (Canned)
Salmon (Fresh)
Sardine
Scallop
Shad (American)
Shrimp
Sole (Pacific)
Squid (Calamari)
Tilapia
Trout (Freshwater)