

Best Choices

Lowest in Mercury & Highest in Healthy Fats

Eating as little as 6 ounces each week of these fish provides the recommended amount of healthy omega-3 fatty acids.

Anchovies

Herring

Mackerel

Atlantic, Jack, Chub

Rainbow Trout

farm raised

Salmon

wild or farm raised

Sardines

Shad

American

Whitefish



Lowest Mercury

12 ounces per week

Cattfish
farm raised

Clams

Cod

Crab

Flatfish
Flounder, Plaice, Sole

Haddock

Herring

Mackerel
Atlantic, Jack, Chub

Mullet

Oysters
cooked

Pollock

Rainbow Trout
farm raised

Salmon
wild or farm raised

Sardine

Scallop

Shrimp

Squid

Tilapia

Tuna
canned Skipjack or Light

Whitefish



Moderate Mercury

4 ounces per week

Bass
Saltwater, Black

Buffalo Fish

Carp

Grouper

Halibut

Lobster
Northern, Maine, Atlantic

Mahi Mahi
Dolphin-fish

Perch
freshwater

Pompano
Florida

Sablefish

Sea Trout
Weakfish

Snapper

Spanish Mackerel
South Atlantic

Tilefish
Atlantic

Tuna
canned Albacore, Yellowfin or White

White Croaker
Pacific



High Mercury/PCB*

Do Not Eat

Bass
*Striped**

Bluefish*

Chilean Sea Bass

Golden Snapper

Jack
Amberjack, Crevalle

King Mackerel

Marlin

Orange Roughy

Sea Lamprey

Shark

Spanish Mackerel
Gulf of Mexico

Swordfish

Tilefish
Gulf of Mexico

Tuna
all fresh or frozen

Walleye
Great Lakes

*PCB (polychlorinated biphenyls) are higher in these species

FloridaHealth.gov



Why Eat Fish?

A pregnant or nursing woman who eats fish high in omega-3 fatty acids will pass these nutrients to her baby supporting healthy brain and eye development.



How Much Fish is OK?

Health experts recommend that women eat 8–12 ounces each week and children (ages 2–6 years) eat 2 ounces each week. Three ounces of fish is about the size of a deck of cards.

Fish, Mercury, & Why Certain Fish are Better at Different Stages of Your Life

Excessive mercury can pass through the placenta or breast milk and harm your baby so don't eat fish high in mercury—refer to the chart on the other side. If you eat 4 ounces from the moderate category, don't eat any more fish from this category until the next week.

Don't Eat Raw Fish

If you're pregnant, avoid eating raw oysters, raw fish (sushi) or refrigerated smoked fish. Don't feed raw fish to infants or children.

Find Out about the Florida Fish You Catch—Download the Free Fish4Health App

Fish4Health (available for iPhone and Android) provides up-to-date advisories and information on locally caught fish. The app also helps you monitor your intake of healthy fat and Mercury exposure. Fish4Health has won many awards—it was developed by Charles R. Santerre, Ph.D., of Purdue University.



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Which fish & how much for women who may become pregnant, pregnant women, women who are nursing & children age 2–6.