

Mercury can pass through the placenta or breast milk & harm the baby. Too much mercury can also harm young children.

**FISH WITH HIGH MERCURY
& *POLYCHLORINATED BIPHENYLS**

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