

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,
Creville*

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—

Fish4Health provides up-to-date advisories and information on locally caught fish. Fish4Health has won many awards—it was developed by Charles R. Santerre, Ph.D., of Purdue University.



hooked
on
florida
seafood

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