CSPI's RECOMMENDED SEAFOOD CHOICES

for Women Who Are or Might Become Pregnant, Breast-feeding Mothers and Young Children

CHOOSE THESE

(Eat 2 or more 4-oz servings per week)

Lowest mercury choices
Other low-mercury choices

* GOOD or ** EXCELLENT source of omega-3s

Seafood listed from *less* to *more* mercury

Scallops

Shrimp *

Tilapia

Oysters **

Mussels **

Catfish

Sardines **

Clams

Salmon **

Freshwater Trout **

Crayfish

Pollock **

Atlantic Mackerel **

Anchovies **

Herring **

Shad **

Butterfish **

Crabs *

DON'T CHOOSE THESE

(Do not eat at all)

Highest-Mercury

Moderately High Mercury

Seafood listed from *more* to *less* mercury

Gulf of Mexico Tilefish

Swordfish

Shark

King Mackerel

Orange Roughy

Marlin

Grouper

Fresh/Frozen Tuna

Spanish Mackerel

Sablefish

Bluefish

Canned Albacore (White) Tuna

Freshwater Bass

Pacific Croaker

Lingcod & Scorpionfish

Saltwater Trout

Sea Bass

Halibut

WHAT IF A FISH IS NOT ON EITHER LIST?

Fish not listed here (such as canned light tuna, cod, flounder, haddock, squid, perch or lobster) have **too much mercury to be recommended**, but not so much that you should never eat them. We suggest you eat those fish no more often than once a month.

Source of mercury and omega-3 data: FDA (2014) at https://www.fda.gov/media/88491/download (Tables V-8, C-3).

