This guide is just one of the tools in NRDC’s mercury protection toolkit. See the NRDC website for:

- Tips about mercury in sushi and sportfish, and details about all of NRDC’s mercury guides
- A calculator you can use to estimate how much mercury you may be eating
- Maps of mercury sources and state-by-state mercury warnings for anglers
- Information on how mercury pollution gets into the environment and into fish
- An online action center where you can help stop mercury pollution

www.nrdc.org/mercury

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**EATING CANNED TUNA SAFELY**

### WHITE ALBACORE

<table>
<thead>
<tr>
<th>If you weigh:</th>
<th>Don’t eat more than</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 lbs</td>
<td>1 can/4 months</td>
</tr>
<tr>
<td>22 lbs</td>
<td>1 can/2 months</td>
</tr>
<tr>
<td>33 lbs</td>
<td>1 can/5 weeks</td>
</tr>
<tr>
<td>44 lbs</td>
<td>1 can/4 weeks</td>
</tr>
<tr>
<td>55 lbs</td>
<td>1 can/3 weeks</td>
</tr>
<tr>
<td>66 lbs</td>
<td>1 can/3 weeks</td>
</tr>
<tr>
<td>88 lbs</td>
<td>1 can/2 weeks</td>
</tr>
<tr>
<td>99 lbs</td>
<td>1 can/2 weeks</td>
</tr>
<tr>
<td>110 lbs</td>
<td>1 can/12 days</td>
</tr>
<tr>
<td>121 lbs</td>
<td>1 can/11 days</td>
</tr>
<tr>
<td>132 lbs</td>
<td>1 can/10 days</td>
</tr>
<tr>
<td>143 lbs</td>
<td>1 can/9 days</td>
</tr>
<tr>
<td>154 lbs</td>
<td>1 can/9 days</td>
</tr>
<tr>
<td>165+ lbs</td>
<td>1 can/8 days</td>
</tr>
</tbody>
</table>

### CHUNK LIGHT

<table>
<thead>
<tr>
<th>If you weigh:</th>
<th>Don’t eat more than</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 lbs</td>
<td>1 can/6 weeks</td>
</tr>
<tr>
<td>22 lbs</td>
<td>1 can/23 days</td>
</tr>
<tr>
<td>33 lbs</td>
<td>1 can/2 weeks</td>
</tr>
<tr>
<td>44 lbs</td>
<td>1 can/12 days</td>
</tr>
<tr>
<td>55 lbs</td>
<td>1 can/9 days</td>
</tr>
<tr>
<td>66 lbs</td>
<td>1 can/8 days</td>
</tr>
<tr>
<td>77 lbs</td>
<td>1 can/week</td>
</tr>
<tr>
<td>88 lbs</td>
<td>1 can/6 days</td>
</tr>
<tr>
<td>99 lbs</td>
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</table>
Eating fish is good for you, right? It can be. But some fish is high in mercury, a chemical that can cause serious health problems, especially for children and pregnant women.

If you are pregnant or planning to become pregnant, use this guide to see what amounts of fish caught and sold commercially are safe to eat.

To gauge safe amounts for your children, reduce the portion sizes.

### HIGHEST MERCURY

**AVOID EATING:**
- Grouper*
- Marlin*
- Mackerel (king)*
- Orange roughy*

**EAT NO MORE THAN THREE 6-OZ. SERVINGS PER MONTH:**
- Bass (saltwater)*
- Bluefish
- Croaker
- Halibut*
- Lobster (American/Maine)
- Sea trout
- Tuna (canned, white albacore)
- Tuna (fresh Pacific albacore)

### LOWEST MERCURY

**ENJOY THESE FISH:**
- Anchovies
- Butterfish
- Calamari (squid)
- Catfish
- Caviar (farmed)
- Clams
- Crab (blue)
- Crab (Dungeness)
- Crab (snow)
- Mahi Mahi
- Monkfish*
- Perch (freshwater)
- Snapper*
- Tuna (canned, chunk light)
- Tuna (fresh Pacific albacore)

### LOWER MERCURY

**EAT NO MORE THAN SIX 6-OZ. SERVINGS PER MONTH:**
- Carp
- Cod*
- Crab (blue)
- Crab (snow)
- Crab (king)*
- Crawfish/crayfish
- Hounder*
- Haddock*
- Hake
- Herring
- Lobster (spiny/rock)
- Mahi Mahi
- Monkfish*
- Perch (freshwater)
- Snapper*
- Tuna (canned, chunk light)
- Tuna (fresh Pacific albacore)

**HIGHEST MERCURY**

- Bass (saltwater)*
- Bluefish
- Croaker
- Halibut*
- Lobster (American/Maine)
- Sea trout
- Tuna (canned, white albacore)
- Tuna (fresh bluefin, ahi)

**LOWEST MERCURY**

- Anchovies
- Butterfish
- Calamari (squid)
- Catfish
- Caviar (farmed)
- Clams
- Crab (blue)
- Crab (Dungeness)
- Crab (snow)
- Mahi Mahi
- Monkfish*
- Perch (freshwater)
- Snapper*
- Tuna (canned, chunk light)
- Tuna (fresh Pacific albacore)

Information in this guide is based on the FDA’s test results for mercury in fish and the EPA’s determination of safe levels of mercury for children and women of reproductive age (no guidelines exist for other adults).

### Fish in Trouble!

These fish are perilously low in numbers or are caught using environmentally destructive methods.

- Bass (saltwater)*
- Bluefish
- Croaker
- Halibut*
- Lobster (American/Maine)
- Sea trout
- Tuna (canned, white albacore)
- Tuna (fresh Pacific albacore)

*Farmed salmon may contain PCBs, manufactured chemicals with serious long-term health effects. (PCBs were banned in the U.S. in the 1970s but remain in the environment.)

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