

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](http://www.nrdc.org/mercury)

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## EATING CANNED TUNA SAFELY

### WHITE ALBACORE

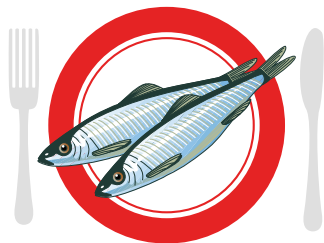
If you weigh:	Don't eat more than
11 lbs	1 can/4 months
22 lbs	1 can/2 months
33 lbs	1 can/5 weeks
44 lbs	1 can/4 weeks
55 lbs	1 can/3 weeks
66 lbs	1 can/3 weeks
77 lbs	1 can/3 weeks
88 lbs	1 can/2 weeks
99 lbs	1 can/2 weeks
110 lbs	1 can/12 days
121 lbs	1 can/11 days
132 lbs	1 can/10 days
143 lbs	1 can/9 days
154 lbs	1 can/9 days
165+ lbs	1 can/8 days

### CHUNK LIGHT

If you weigh:	Don't eat more than
11 lbs	1 can/6 weeks
22 lbs	1 can/23 days
33 lbs	1 can/2 weeks
44 lbs	1 can/12 days
55 lbs	1 can/9 days
66 lbs	1 can/8 days
77 lbs	1 can/week
88 lbs	1 can/6 days
99 lbs	1 can/5 days
110 lbs	1 can/5 days
121 lbs	1 can/4 days
132 lbs	1 can/4 days
143 lbs	1 can/4 days
154 lbs	1 can/3 days
165+ lbs	1 can/3 days

## MERCURY IN FISH

### A Guide for Women and Children



**NATURAL RESOURCES  
DEFENSE COUNCIL**  
[www.nrdc.org](http://www.nrdc.org)

## 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.

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).

### HIGHEST MERCURY

#### AVOID EATING:

Grouper*	Shark*
Marlin*	Swordfish*
Mackerel (king)	Tilefish*
Orange roughy*	

### HIGH MERCURY

#### 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 bluefin, ahi)

### LOWER MERCURY

#### EAT NO MORE THAN SIX 6-OZ. SERVINGS PER MONTH:

Carp  
Cod\*  
Crab (blue)  
Crab (Dungeness)  
Crab (snow)  
Mahi Mahi  
Monkfish\*  
Perch (freshwater)  
Skate  
Snapper\*  
Tuna (canned, chunk light)  
Tuna (fresh Pacific albacore)

### LOWEST MERCURY

#### ENJOY THESE FISH:

Anchovies	Oysters
Butterfish	Perch (saltwater)
Calamari (squid)	Pollock
Catfish	Salmon#
Caviar (farmed)	Sardines
Clams	Scallops
Crab (king)*	Shad
Crawfish/crayfish	Shrimp*
Flounder*	Sole
Haddock*	Sturgeon (farmed)
Hake	Tilapia
Herring	Trout (freshwater)
Lobster (spiny/rock)	Whitefish

#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.)

\* \* \* \* Fish in Trouble! These fish are perilously low in numbers or are caught using environmentally destructive methods.