

FISH CONSUMPTION ADVISORIES FOR WOMEN OF CHILD-BEARING AGE AND SMALL CHILDREN

Fish that are low in Mercury (can be eaten in moderation)		Eat Sparingly (less than six 6oz servings a month)	Avoid (less than three 6oz servings a month)	Do Not Eat
Abalone (farmed)	Anchovies	Carp	Bluefish	Chilean Sea Bass*
Butterfish	Calamari (squid)	Cod	Croaker	Grouper
Catfish	Caviar (farmed)	Crab (Dungeness)	Halibut	Mackerel (king)
Clams	Crab (king)	Crab (snow)	Lobster	Marlin
Crawfish/crayfish	Flounder	Mahi Mahi	(American/Maine)	Monkfish
Haddock	Hake	Perch (freshwater)	Rockfish	Orange Roughy*
Herring	Lobster	Pollock*	Salmon (wild, Atlantic)	Shark*
Mackerel (Atlantic)	Mussels (farmed)	Snapper	Sea Bass	Shrimp*
Oysters	Perch (ocean)	Tilapia*	(except Chilean Sea Bass)	Swordfish*
Salmon (wild, Alaskan)	Sardines		Sea Trout (weakfish)	Tilefish
Scallops	Shad			Tuna* (including fresh canned white Albacore and canned chunk light)
Sole	Sturgeon (farmed)			
Trout	Whitefish			

*Some species that may be low in mercury, such as shrimp and Chilean sea bass, are included in the Avoid or Do Not Eat lists due to serious environmental concerns about the status or impact of the fishery. Others, such as sharks and tuna, should be avoided for both health and environmental reasons.



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Given the crisis facing our oceans from pollution, global warming, by-catch, and over fishing, Greenpeace encourages consumers to eat less fish.

If seafood is part of your diet, however, the advisories above provide guidance on the mercury content associated with particular species. These advisories are intended principally for women of childbearing age (25-45) and small children. Developing fetuses and small children are especially susceptible to health impairment from elevated mercury levels. Please bear in mind, however, that anyone who consumes fish in the “Eat Sparingly” or “Avoid” categories will be exposed to mercury and this exposure carries some potential risk regardless of your sex or weight. As a general rule, the smaller your size, the greater the potential risks may be. You should also recognize that new information on mercury in seafood is constantly emerging and the classification of fish species or products may change as new evidence emerges. For example, a growing number of consumer and health experts now recommend that consumers avoid all tuna for health reasons, including the canned light tuna formerly considered a low-mercury fish.

If you do eat seafood, we encourage you to ask questions: find out where it came from, how it was caught, and what else may have been killed in the process. Several species that may be acceptable from a health perspective (such as shrimp, Chilean Sea Bass, and monkfish) have been moved to “Eat Sparingly” or “Do Not Eat” categories due to significant concerns about the status or impact of the fisheries. These species are marked with an asterisk (*) in the list. Still others, such as shark, should be avoided for both health and environmental reasons.

In addition to asking questions and adhering to these advisories, we encourage you to get involved to reduce mercury pollution at the source, and help make our food and our environment safer for everyone.

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