

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).