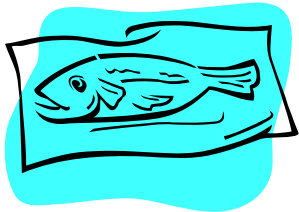




# Avoiding Mercury in Fish and Seafood

## Restaurant and Shopping Guide

**This guide will tell you:** **Why you should know about mercury**



**Who should know about mercury**

**Which fish are low in mercury  
and are safe to eat**

### **Why should I eat fish?**

Eating fish and fish oils can reduce your risk of getting heart disease. Fish and fish oils also give young children the necessary vitamins and minerals for good brain development.

### **But what about mercury?**

Mercury is a chemical that is found in our lakes and rivers. It builds up and is stored in the meat of fish. Eating too much mercury can cause health problems.

### **Who needs this guide most?**

- ✓ Children under 15 years old
- ✓ Women of childbearing age
- ✓ Pregnant women
- ✓ Mothers with young children

### **How much fish should I eat?**

A meal size for adults is 8 ounces uncooked.

A meal size for young children is 4 ounces uncooked.

Eating a variety of fish is better than always eating the same kind. Eating a variety lowers your chance of getting too much mercury.



# Restaurant and Shopping Guide

Follow this guide to find fish and seafood that are low in mercury.

<b>You Can Eat Fish From This Group 2 Times a Week</b>	
Anchovies	Catfish (farm raised)
Crab	Crawfish
Flatfish (Flounder, Plaice, Sole)	Herring
Mullet	Oysters
Pollock	Salmon (canned, frozen, fresh)
Sardines	Scallops
Shrimp	Squid
Tilapia	Trout (freshwater)
Whitefish	

**OR**

<b>You Can Eat Fish From This Group 1 Time a Week</b>	
Cod	Jacksmelt
Monkfish	Tuna (canned light)
Snapper	Sheepshead

**OR**

<b>You Can Eat Fish From This Group 2 Times a Month</b>	
Bluefish	Bass (Sea, Striped, Rockfish)
Halibut	Lobster
Sablefish	Scorpion Fish
Tuna (Albacore, canned white)	Tuna (fresh, frozen)
Weakfish (Sea Trout)	

**OR**

<b>You Can Eat Fish From This Group 1 Time a Month</b>	
Grouper	Mackerel
Marlin	Orange Roughy

**Never Eat These Fish!  
Shark, Swordfish, Tilefish or King Mackerel**

## Want more information?

Call your doctor, local health department  
or  
Michigan Department of Community Health  
1-800-MI-TOXIC  
1-800-648-6942  
[www.michigan.gov/mdch-toxic](http://www.michigan.gov/mdch-toxic)

### Other brochures from the Michigan Department of Community Health

-  **Guide to Safe Fish Consumption**
-  **Avoid Mercury in Fish and Seafood**
-  **Michigan Family Fish Consumption Guide**

**Call our office or go to our  
website to get copies.**



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