

**Guide to mercury levels in
Different varieties of fish and shellfish
LOW-MERCURY FISH AND SHELLFISH**

VERY LOW	BELOW AVERAGE
<p style="text-align: center;">Shrimp Sardines Tilapia Oysters & Mussels Clams Scallops Salmon Crayfish Freshwater Trout Ocean Perch & Mullet</p>	<p style="text-align: center;">Pollock Atlantic Mackerel Anchovies, Herring & Shad Flounder, Sole & Plaice Crabs Pike Butterfish Catfish Squid Atlantic Croaker Whitefish</p>

MODERATE-MERCURY FISH AND SHELLFISH

ABOVE AVERAGE	MODERATELY HIGH
<p style="text-align: center;">Pacific Mackerel (Chub) Smelt Atlantic Tilefish Cod Canned Light Tuna Spiny Lobster Snapper, Porgy, Sheepshead Skate Freshwater Perch Haddock, Hake, Monkfish</p>	<p style="text-align: center;">Carp & Buffalofish Halibut Sea Trout Sablefish Lingcod & Scorpionfish Sea Bass Pacific Croaker American Lobster Freshwater Bass Bluefish</p>

HIGH-MERCURY FISH

HIGH	VERY HIGH
<p style="text-align: center;">Canned Albacore Tuna Spanish Mackerel Fresh/Frozen Tuna Grouper Marlin Orange Roughy</p>	<p style="text-align: center;">King Mackerel Swordfish Shark Gulf Tilefish Tuna Sushi/Bluefin Tuna</p>

