

Mercury Levels in Fish

Low

Arctic Cod
Anchovies
Butterfish
Catfish • Clam
Crab (*Domestic*)
Crawfish/Crayfish
Croaker (*Atlantic*)
Flounder
Haddock (*Atlantic*)
Hake • Herring
Mackerel (*N. Atlantic, Chub*)
Mullet • Oyster
Perch (*Ocean*)
Plaice • Pollock
Salmon
Sardine • Scallop
Shad (*American*)
Shrimp
Sole (*Pacific*)
Squid (*Calamari*)
Tilapia
Trout (*Freshwater*)
Whitefish • Whiting

Medium

Bass (*Striped, Black*)
Carp
Cod (*Alaskan*)
Croaker (*White Pacific*)
Halibut (*Pacific, Atlantic*)
Jacksmelt (*Silverside*)
Lobster
Mahi Mahi
Monkfish
Perch (*Freshwater*)
Sablefish
Skate
Snapper
Tuna (*Canned Chunk Light, Skipjack*)
Weakfish (*Sea Trout*)

High

Bluefish
Grouper
Mackerel (*King, Spanish, Gulf*)
Marlin
Oranger Roughy
Seabass (*Chilean*)
Shark
Swordfish
Tilefish
Tuna (*Canned Albacore, Ahi, Bigeye, Yellowfin*)