

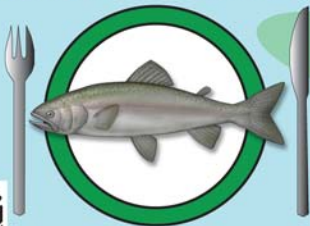
www.fishwise.org

www.edf.org/seafood

These fish are safe for a 154 lb. adult to eat 8 oz a week or a 144 lb. woman of child-bearing age to eat 6 oz a week, based on EPA standards and currently available data on mercury and PCBs. The actual fish for sale have not been tested. Fish not on this list may be inadequately tested, unsustainably produced, or have unsafe levels of contaminants. This information is provided through a collaborative effort between FishWise and Environmental Defense Fund.

Seafood Low Mercury List

Healthy choices for you and the oceans!



Abalone US farmed

Arctic Char* farmed

Catfish farmed

Clams

Cod, Black/Sablefish*

US & Canada

Cod, Pacific* US & Canada

Crab, Dungeness US & Canada

Crab, King US

Crab, Tanner US & Canada

Crab, Snow US & Canada

Crawfish US farmed

Flounder Arrowtooth & Starry,

US & BC

Haddock US handline

Hake US Atlantic, Silver/Red/Offshore

Halibut Pacific*

Herring US Atlantic

Lobster, American US & Canada

Lobster, Spiny US, Mexico (Pacific),

Bahamas

Mackerel US Atlantic

Mahi-Mahi US & international
handline

Mussels farmed, Blue*

Oysters Pacific, Eastern - wild*

Pollock* US

Salmon Wild - AK*, BC*

Sardines Pacific*

Scallops farmed & US wild

Seabass, Black* North of NC

Shrimp* US & Canada

Sole English*

Squid*

Tilapia* US, S. & Cen. America farmed

Trout US farmed, Rainbow*

Tuna, Albacore US, Canada

(Pacific) & international handline

Tuna, Skipjack

US & international handline

Tuna, Tongol

Malaysian, international handline

Tuna, Yellowfin handline

*These fish are also low in PCBs
(see explanation on reverse)