

CONTAMINATED FISH

HOW MANY MEALS ARE SAFE PER MONTH?



Fish is generally healthy to eat, but you should eat some types infrequently, if at all. This chart lists the most contaminated fish, and how much can safely be eaten each month (assuming no other contaminated fish is consumed). The advice is based on EPA guidance and the latest mercury and PCB data. See the green sections below for safer seafood options.

The ecological concerns with how these fish are caught or farmed are:

- Considerable
- Moderate
- Variable

Fish	Women	Men	Older children	Younger children	Reason for advisory	
○ American and European eel	0	0	0	0	PCBs, mercury	
○ Sturgeon (wild)	0	0	0	0	PCBs, mercury	
○ Striped bass (wild)	0	0	0	0	PCBs, mercury	
○ Alewife and shad	0	0	0	0	PCBs	
● Bluefish	0	0	0	0	PCBs, mercury	
○ Weakfish	0	0	0	0	PCBs, mercury	
● Bluefin tuna	0	0	0	0	PCBs, mercury	
○ White croaker	0	0	0	0	PCBs	
○ King mackerel	0	1/2	0	0	Mercury	
○ Swordfish	0	1	0	0	Mercury	
● Shark	0	1	0	0	Mercury	
○ Marlin	0	1	0	0	Mercury	
● Summer and winter flounder	1	1	1/2	1/2	PCBs	
○ Atlantic croaker	1	1	1/2	1/2	PCBs	
● Opah/moonfish	1	1	1	1/2	Mercury	
● Atlantic or farmed salmon	1	1	1	1/2	PCBs	
● Orange roughy	2	1	1	1/2	Mercury	
○ Spotted seatrout	2	2	1	1	PCBs, mercury	
○ Spanish mackerel	2	2	1	1	Mercury	
● Blue crab	2	2	1	1	PCBs, mercury	
● Chilean seabass	2	2	1	1	Mercury	
● Lingcod	2	2	1	1	Mercury	
● Wahoo	2	2	1	1	Mercury	
● Grouper	3	2	2	1	Mercury	
○ Tuna (fresh or frozen)	3	2	2	1	Mercury	
● Eastern/American oyster (wild)	3	3	2	1	PCBs	
● Albacore tuna (canned white)	3	3	2	1	Mercury	
● Salmon (wild-CA, OR, WA)	SAFE TO EAT AT LEAST ONCE PER WEEK		3	1	PCBs	
○ Tilefish			4	3	2	Mercury
○ Halibut			3	2	Mercury	
○ Sablefish			3	2	Mercury	
○ Pacific rockfish			3	2	Mercury	
○ Mahimahi/dolphinfish			3	2	Mercury	
○ Snapper			3	2	Mercury	
● Black seabass			3	2	PCBs, mercury	
● English sole			3	2	PCBs	
● Florida pompano					3	Mercury
● Monkfish	3	Mercury				
● Skate	3	Mercury				
○ Pacific pollock	3	PCBs				
● Tuna (canned light)			3	Mercury		

These fish are also safe to eat at least once per week: anchovies, clams, king crab (U.S.), snow crab, Pacific cod, crawfish (U.S.), Atlantic herring (U.S./Canada), spiny lobster (U.S./Baja/Australia), Atlantic mackerel, blue mussels, farmed oysters, wild Alaskan salmon, sardines, scallops, shrimp (U.S./Canada), squid, tilapia (U.S./Latin America), rainbow trout.

Women: These advisories are for women ages 18–75, with a body weight of 144 pounds and a meal size of 6 ounces (a little more than one-third pound) of fish before cooking.

Men: These advisories are for men ages 18–75, with a body weight of 172 pounds and a meal size of 8 ounces (one-half pound) of fish before cooking.

Older children: These advisories are for children ages 6–12, with a body weight of 67 pounds and a meal size of 4.5 ounces (a little more than one-quarter pound) of fish before cooking.

Younger children: These advisories are for children ages 0–6, with a body weight of 32 pounds and a meal size of 3 ounces (a little less than one-quarter pound) of fish before cooking.

Teens: Follow the advisory above that most closely matches individual body weight and meal size.

For more information visit EnvironmentalDefense.org/seafood

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