

# MERCURY IN SEAFOOD

## HIGH IN MERCURY

Avoid if pregnant or breastfeeding and with infants and children

King mackerel  
Marlin  
Orange roughy

Shark  
Swordfish

Tilefish (from the Gulf of Mexico)  
Tuna (bigeye)

## MODERATE IN MERCURY

Limit if pregnant or breastfeeding (see chart)  
Avoid with infants and children

Bluefish  
Buffalofish  
Carp  
Chilean sea bass  
Grouper  
Halibut

Mahi mahi  
Monkfish  
Rockfish  
Sablefish  
Sheepshead  
Snapper

Spanish mackerel  
Striped bass (ocean)  
Tilefish (Atlantic Ocean)  
Tuna, albacore/white tuna  
Tuna, yellowfin  
Weakfish/seatrout  
White/Pacific croaker

## LOWER IN MERCURY

Limit if pregnant or breastfeeding and with infants and children (see chart)

Anchovy  
Atlantic croaker  
Atlantic mackerel  
Black sea bass\*  
Butterfish  
Catfish  
Clam  
Cod\*  
Crab  
Crawfish  
Flounder  
Haddock

Hake  
Herring  
Lobster  
Mullet  
Oyster  
Pacific chub mackerel  
Perch\*  
Pickerel  
Plaice  
Pollock  
Salmon  
Sardine

Scallop  
Shad  
Shrimp  
Skate  
Smelt  
Sole  
Squid  
Tilapia  
Trout, freshwater  
Tuna, canned light\*  
Whitefish  
Whiting

If consuming seafood, children should avoid high mercury-containing fish and limit their intake of low mercury choices to:

Age/group	Seafood limits based on mercury potential (1,2)
1 - 3 years	2 oz (60 g) per week of low mercury content seafood
4 - 8 years	3 - 5 oz (90 - 150 g) per week of low mercury content seafood*
9 - 11 years	6 - 8 oz (180 - 240 g) per week of low mercury content seafood*
Pregnant/breastfeeding	8 - 12 oz (240 - 360 g) per week of low mercury content seafood or 4 oz (120 g) per week of moderate mercury content seafood with no other seafood that week

\*Caution: If consuming 3 or more ounces of seafood a week, children will often exceed safe mercury limits with seafood considered lower in mercury (e.g., avoid canned light or white tuna, cod, perch, black sea bass). [3]

Caution: Fish caught by family and friends, such as carp, catfish, trout, and perch, are more likely to have high mercury or other contaminants; check fish advisories in the area. [2]

1. EPA-FDA Fish Advice: Technical Information. [epa.gov](https://www.epa.gov/fda)  
2. FDA Advice About Eating Fish. [fda.gov](https://www.fda.gov)  
3. Dietary Guidelines for Americans 2020-2025. [dietaryguidelines.gov](https://www.dietaryguidelines.gov)