

FISH AND SEAFOOD RECOMMENDATIONS TO MINIMIZE MERCURY  
EXPOSURE FOR PREGNANT OR NURSING MOTHERS

AVOID THESE (ZERO SERVINGS PER WEEK):

Canned white tuna or albacore  
Tilefish  
Swordfish  
Shark  
King Mackerel  
Red Snapper  
Moonfish  
Saltwater Bass  
Farmed Salmon (contains PCB's)

LIMIT THESE TO ONE SERVING (3 OUNCES) PER WEEK:

Marlin  
Grouper  
Freshwater Trout  
Fresh Tuna  
American Lobster  
Bluefish  
Croaker  
Sea Trout

LIMIT THESE TO TWO SERVINGS (6 OUNCES) PER WEEK:

Halibut  
Sablefish  
Polllock  
Cod  
Mahi Mahi  
Ocean Perch  
Dungeness Crab  
Haddock  
Blue Crab

LIMIT THESE TO THREE SERVINGS (9 OUNCES) PER WEEK:

Whitefish  
Herring  
Tanner Crab  
Spiny lobster  
Canned Tuna, light

OKAY TO HAVE FOUR OR MORE SERVINGS PER WEEK:

King Crab  
Catfish  
Scallops  
Flounder/Sole  
Non-farmed Salmon (fresh)  
Oysters  
Shrimp  
Tilapia  
Clams