

Seafood Available at the Store

Best Choices

**Lowest in Mercury &
Highest in Healthy Fats**

Eating as little as one serving each week of these fish provides the recommended amount of healthy omega-3 fatty acids.

Anchovies

Herring

Mackerel

Atlantic, Jack, Chub

Rainbow Trout

Farm Raised

Salmon

Wild or Farm Raised

Sardines

Shad

American

Whitefish

Lowest Mercury 4 Servings per month**

Catfish

Farm Raised

Clams

Cod

Crab

Flatfish

*Flounder, Plaice,
Sole*

Haddock

Herring

Mackerel

*Atlantic, Jack,
Chub*

Mullet

Oysters

Cooked

Pollock

Rainbow Trout

Farm Raised

Salmon

Wild or Farm Raised

Sardine

Scallop

Shrimp

Squid

Tilapia

Tuna

*Canned Skipjack
or Light*

Whitefish



Moderate Mercury 2 Servings per month**

Bass

Saltwater, Black

Buffalo Fish

Carp

Grouper

Halibut

Lobster

*Northern, Maine,
Atlantic*

Mahi Mahi

Dolphin-fish

Perch

Pompano

Florida

Sablefish

Sea Trout

Weakfish

Snapper

Spanish Mackerel

South Atlantic

Tilefish

Atlantic

Tuna

*Canned Albacore,
Yellowfin or
White*

White Croaker

Pacific



High Mercury Do Not Eat

Bass

*Striped**

Bluefish*

Chilean Sea Bass

Golden Snapper

Jack

*Amberjack,
Crevalle*

King Mackerel

Marlin

Orange Roughy

Sea Lamprey

Shark

Spanish Mackerel

Gulf of Mexico

Swordfish

Tilefish

Gulf of Mexico

Tuna

*All Fresh or
Frozen*

Walleye

Great Lakes

*PCB (polychlorinated biphenyls)
are higher in these species

FloridaHealth.gov

****Refer to the other side
for How Much Fish is OK.**



Locally Caught Florida Fish

If you like to fish in Florida waters, visit the Fish Advisory website ** using the QR code below.



Search by fish type, location, and water body name.



Why Eat Fish?

Fish is an important part of a healthy diet. A pregnant or nursing woman who eats fish high in omega-3 fatty acids will pass these nutrients to her baby supporting healthy brain and eye development.

Mercury Levels and Child Development

Excessive mercury can pass through the placenta or breast milk and harm your baby, so don't eat fish high in mercury—refer to the chart on the other side.

Don't Eat Raw Fish

If you're pregnant, avoid eating raw oysters, raw fish (sushi) or refrigerated smoked fish. Don't feed raw fish to infants or children.

How Much Fish is OK?

Health experts recommend that adults who weigh about 170 pounds eat 8 ounces per serving and children (ages 2–6 years) eat 2 ounces per serving to avoid mercury poisoning.

Adults who weigh more than 170 pounds increase the serving by 1 ounce for every 20 pounds over 170 pounds.

Adults who weigh less than 170 pounds reduce the serving by 1 ounce for every 20 pounds less than 170 pounds.



hooked
on
florida
seafood

Eating Fish Safely

Seafood advice for women who may become pregnant, pregnant women, women who are nursing, and children age 2–6.

****Fish Advisory might change; please refer to website.**