

General Mercury Levels of Common Types of Fish

Least Mercury	Moderate Mercury	High Mercury	Highest Mercury
Enjoy these fish	Eat 6 servings or less per month	Eat 3 servings or less per month	Avoid eating
Anchovies	Bass (saltwater, striped, black)	Croaker (White Pacific)	Bluefish
Butterfish	Buffalo Fish	Halibut (Atlantic)	Grouper
Catfish	Carp	Mackerel (Spanish, Gulf)	Mackerel (King)
Clam	Cod (Alaskan)	Perch (Ocean)	Marlin
Crab (domestic)	Lobster	Sablefish	Orange Roughy
Crayfish	Mahi Mahi	Sea Bass (Chilean)	Shark
Croaker (Atlantic)	Monkfish	Tuna (Albacore, Yellowfin)	Swordfish
Flounder	Perch (freshwater)		Tuna (Bigeye, Ahi)
Haddock (Atlantic)	Sheepshead		
Hake	Skate		
Herring	Snapper		
Jacksmelt (Silverside)	Tilefish (Atlantic)		
Mackerel (N. Atlantic, Chub)	Tuna (canned chunk light, Skipjack)		
Mullet			
Oyster			
Plaice			
Pollock			
Salmon (Canned, fresh)			
Sardine			
Scallop			
Shrimp			
Sole (Pacific)			
Squid (Calamari)			
Tilapia			
Trout (Freshwater)			
Whitefish			
Whiting			