



## Mercury Levels In Fish

| High  | Medium                                   | Low   |
|---|--|---|
| Bluefish  | Bass                                     | Anchovies, Calamari                                     |
| Chilean Seabass                                     | Carp                                     | Catfish, Clam   |
| Grouper*  | Cod (Alaskan)                            | Cod (Arctic)  |
| Mackerel<br>(King, Spanish, Gulf)                   | Croaker (White Pacific)                  | Crab (Domestic)   |
| Marlin*   | Halibut                                  | Crawfish, Crayfish                                      |
| Orange Roughy                                       | Lobster                                  | Flounder*, Haddock<br>(Atlantic*)                       |
| Shark*  | Mahi Mahi                                | Hake, Herring   |
| Swordfish*  | Monkfish*                                | Mackerel (Atlantic, Chub)                               |
| Tilefish*   | Perch (freshwater)                       | Mullet, Oyster  |
| Tuna (Ahi*, Yellowfin*, Bigeye,<br>Canned Albacore) | Sablefish, Skate*, Snapper*              | Perch (Ocean), Plaice, Pollock                          |
|   | Tuna (Canned Chunk, Light,<br>Skipjack*) | Salmon (Atlantic**), Wild<br>Alaskan or Sockeye Salmon  |
| *Overfished   | Sea Trout                                | Sardine, Scallop*, Sole,<br>Tilapia, Trout (freshwater) |
| **May contain PCBs                                  |  | Whitefish, Whiting                                      |

Data from nrdc.org



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