



Lorraine Maita, MD

## Healthy Seafood Fish and Mercury

**Monterey Bay Seafood Watch** is a good source of information about seafood and will provide you with up to date information and provides recommendations by region as well as including information on sustainability. They also have an app as well as a sushi guide. <http://www.seafoodwatch.org/seafood-recommendations>

The Environmental Working Group is also a good source of information <http://www.ewg.org/research/ewgs-good-seafood-guide/executive-summary>

Fish is an important source of lean protein, however there is concern about contamination. Here is a guide to minimize consuming high levels of contaminants,

### High Omega 3's, Low Mercury, Sustainable

- Wild Salmon
- Sardines
- Mussels
- Rainbow Trout
- Atlantic Mackerel

### High Omega 3's, Low Mercury, not necessarily Sustainable.

- Oysters
- Anchovies
- Pollock/Imitation Crab
- Herring

### Low mercury, low Omega 3's

- Shrimp
- Catfish
- Tilapia
- Clams
- Scallops
- Pangasius (Basa, Swai, Ortra)

### Mercury adds up – pregnant women should limit or avoid

- Canned light and albacore tuna
- Halibut
- Lobster
- Mahi Mahi



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- Sea Bass

Avoid -Mercury Levels too high to eat regularly

- Shark
- Swordfish
- Tilefish
- King Mackerel
- Marlin
- Bluefin and Big Eye Tuna Steaks or Sushi
- Orange Roughy

Adapted from Environmental Working Group