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

Copyright 2010 © Lorraine Maita, MD All rights reserved

- 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

Copyright 2010 © Lorraine Maita, MD All rights reserved