

Seafood during Pregnancy!

Highest In Mercury

AVOID Eating:

Grouper
Marlin
Orange roughy
Tilefish
Swordfish
Shark
Mackerel (king)

High in Mercury

**Eat no more than three 6oz servings/month*

Bass Saltwater
Crocker
Halibut
Tuna (canned, white albacore)
Tuna (fresh bluefin, ahi)
Bluefish
Lobster

Lowest Mercury

**Enjoy two 6oz serving/week*

Anchovies
Butterfish
Calamari
Caviar
Crab
Pollock
Catfish
Whitefish
Perch
Scallops
Flounder
Haddock
Hake
Herring
Lobster
Shad
sole
Crawfish/ Crayfish
Salmon
Shrimp
Clams
Tipapia
Oysters
Sardines
Strugeon
Trout

Lower Mercury

**Eat no more than six 6oz servings/month*

Carp
Mahi Mahi
Crab
Snapper
Herring
Monkfish
Perch
Skate
Cod
Tuna (canned, chunk light)
Tuna (fresh pacific albacore)