

CONTAMINATED FISH

HOW MANY MEALS ARE SAFE PER MONTH?



Colors and numbers indicate the **maximum** number of meals that can be safely eaten each month, assuming that no other contaminated fish is eaten in the same month.

ECO BEST

ECO WORST

These icons indicate the ecological impacts of how a particular fish is caught or farmed.

Fish	Women	Men	Older children	Younger children	Reason for advisory
Bluefish	0	0	0	0	PCBs, mercury, pesticides
Striped Bass (wild)	0	0	0	0	PCBs, mercury, pesticides
American Eel	0	0	0	0	PCBs, mercury, pesticides
Spotted Seatrout	0	0	0	0	PCBs, mercury
Weakfish	0	0	0	0	PCBs
King Mackerel	0	1/2	0	0	Mercury
Marlin	0	1	0	0	Mercury
Swordfish	0	1	0	0	Mercury
Shark	0	1	0	0	Mercury
Atlantic Croaker	1/2	1/2	0	0	PCBs
Atlantic Salmon	1/2	1/2	1/2	0	PCBs, dioxins, pesticides
White Croaker	1	1/2	1/2	0	PCBs
Bluefin Tuna	1	1	1/2	1/2	Mercury
Opah/Moonfish	1	1	1	1/2	Mercury
Summer Flounder	1	1	1	1/2	PCBs
Winter/Blackback Flounder	1	1	1	1/2	PCBs
Blue Crab	1	1	1	1/2	PCBs, mercury
Orange Roughy	2	1	1	1/2	Mercury
Spanish Mackerel	2	2	1	1	Mercury
Wahoo	2	2	1	1	Mercury
Grouper	2	2	1	1	Mercury

Fish	Women	Men	Older children	Younger children	Reason for advisory
Chilean Seabass X	2	2	1	1	Mercury
Atlantic Sturgeon X	3	2	1	1	Mercury
Eastern/American Oyster (wild)	3	3	2	1	PCBs
Tuna (fresh or frozen)	3	3	2	1	Mercury
Albacore Tuna (canned white)	3	3	2	1	Mercury
Tilefish X	3	3	2	1	Mercury
Rockfish (Pacific) X	4	3	2	1	Mercury
Red Snapper X	SAFE TO EAT AT LEAST ONCE PER WEEK	3	2	1	Mercury
Halibut			3	2	Mercury
Monkfish X			3	2	Mercury
English Sole			3	2	PCBs
Lingcod			3	2	Mercury
American/Maine Lobster			3	2	Mercury
Pacific Pollock			4	3	PCBs
Winter Skate X				3	Mercury
Mahimahi (dolphinfish) ✓				3	Mercury
Florida Pompano				3	Mercury
Sablefish ✓				3	Mercury
Skipjack Tuna (canned light)				3	Mercury
Black Sea Bass				4	Mercury
Dungeness Crab ✓				4	Mercury

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These fish are also safe to eat at least once per week: anchovies, clams, king crab (US), snow crab, Pacific cod, crawfish, Atlantic herring (US/Canada), spiny lobster (US/Baja/Australia), Atlantic mackerel, blue mussels, farmed oysters, wild Alaskan salmon, sardines, farmed scallops, shrimp (US/Canada), squid, tilapia (US/Central America), farmed rainbow trout.

Women: These advisories are for women ages 18–75, with a body weight of 144 pounds and a meal size of 6 ounces (a little more than one-third pound) of fish before cooking.

Men: These advisories are for men ages 18–75, with a body weight of 172 pounds and a meal size of 8 ounces (one-half pound) of fish before cooking.

Older children: These advisories are for children ages 6–12, with a body weight of 67 pounds and a meal size of 4.5 ounces (a little more than one-quarter pound) of fish before cooking.

Younger children: These advisories are for children ages 0–6, with a body weight of 32 pounds and a meal size of 3 ounces (a little less than one-quarter pound) of fish before cooking.

Teens: Follow the advisory above that most closely matches individual body weight and meal size.

For more information visit www.oceansalive.org/eat.cfm

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finding the ways that work

