

M E R C U R Y
I N S E A F O O D

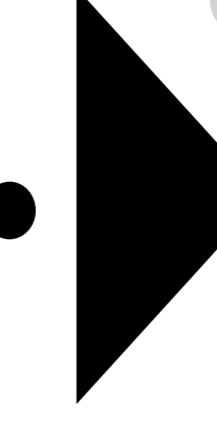
Which Seafood Should I Choose?

*Enjoy the health
benefits of
seafood while
reducing the
harmful effects
of mercury
pollution.*



1

Mercury is one of the most toxic forms of pollution. It can harm the brain and nervous system. Human activities such as coal burning contribute most of the mercury to our environment.

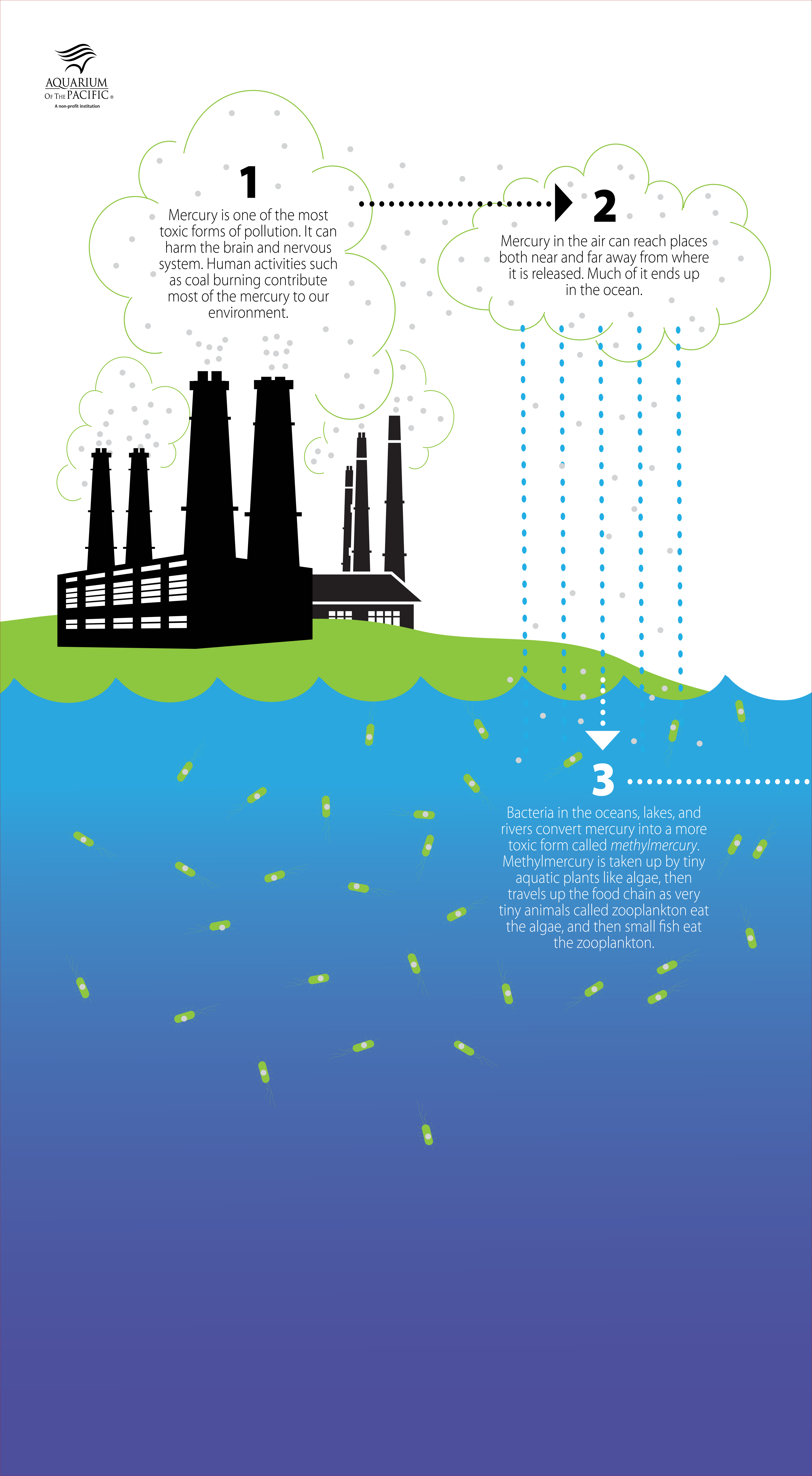


2

Mercury in the air can reach places both near and far away from where it is released. Much of it ends up in the ocean.

3

Bacteria in the oceans, lakes, and rivers convert mercury into a more toxic form called *methylmercury*. Methylmercury is taken up by tiny aquatic plants like algae, then travels up the food chain as very tiny animals called zooplankton eat the algae, and then small fish eat the zooplankton.



Mercury in our Seafood:

Which Seafood Should I Choose?

Enjoy the health benefits of seafood while reducing the harmful effects of mercury pollution.

Seafood is good for you.

Eating seafood low in mercury has benefits for people of all ages. Fish contain nutrients and healthy fats called omega-3 fatty acids that provide health benefits.

Before Birth:

- Healthy development
- Full-term pregnancy



Pregnant or nursing women, women who might become pregnant within 1 year, and children should eat seafood, but only low mercury seafood to minimize mercury exposure.

For Infants & Children:

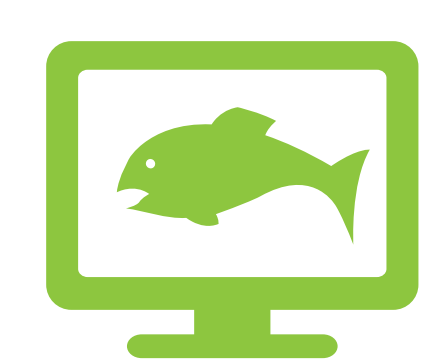
- Brain development



If you catch your own fish, check your state Department of Health for fish advisory information.

For Adults:

- Reduced risk from heart attack, stroke, and inflammatory disease
- Improved mental health



Learn more at stonybrook.edu/mercury

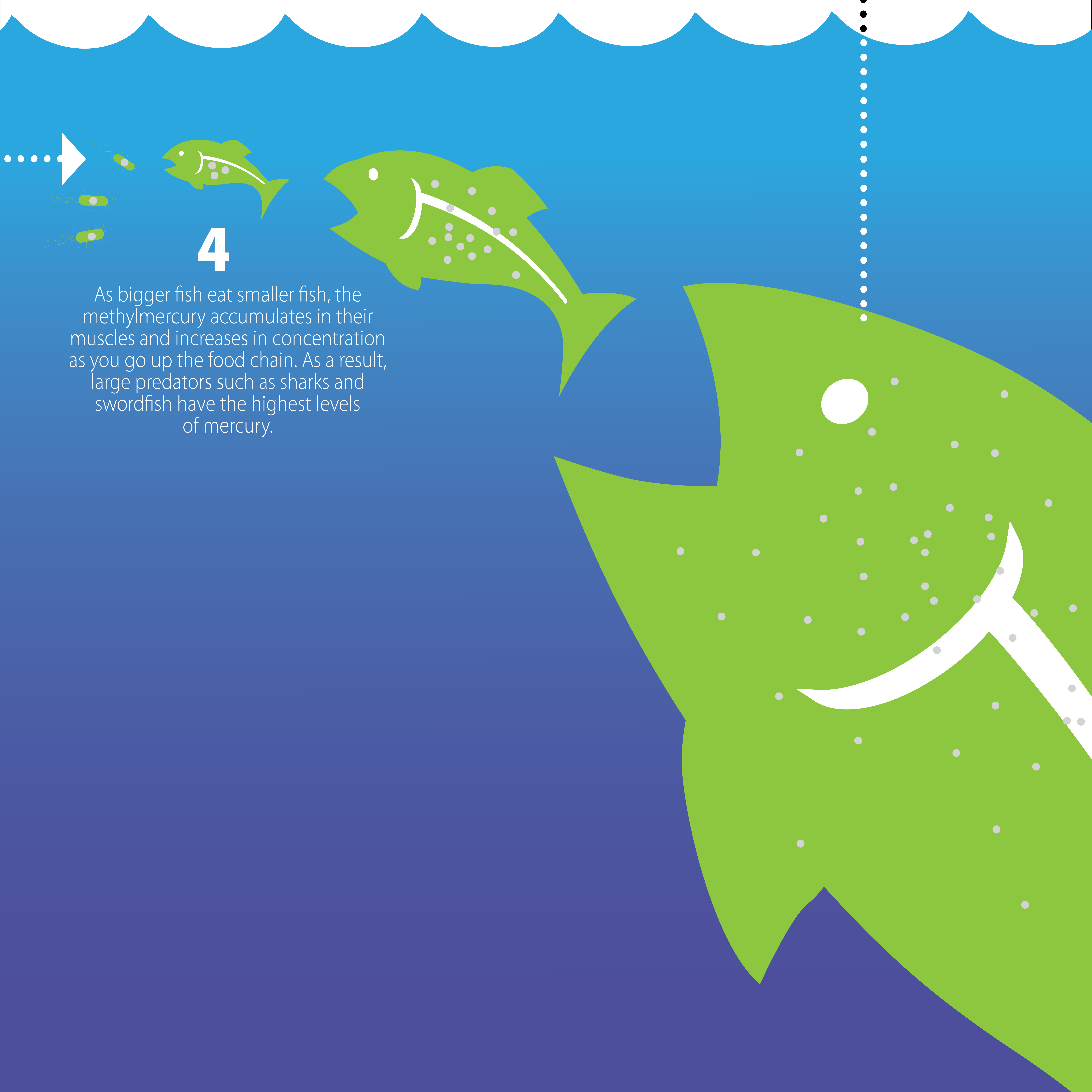
5

Find out how to make healthy choices.



4

As bigger fish eat smaller fish, the methylmercury accumulates in their muscles and increases in concentration as you go up the food chain. As a result, large predators such as sharks and swordfish have the highest levels of mercury.





.....▶ **How can I make healthy choices?**

Shellfish and smaller fish that are low on the food chain are lower mercury seafood choices.

LOW MERCURY
Eat most often
(Twice a week)


- 
- Catfish
 - Crab
 - Flounder/Sole
 - Haddock
 - Herring
 - Pollock
 - Salmon
 - Sardines
 - Shellfish
(clams, oysters, mussels, and scallops)
 - Shrimp
 - Squid
 - Tilapia
 - Trout
(farmed)

OR

MEDIUM MERCURY
Eat Occasionally
(About once a week)

- American Lobster
- Bass
- Cod
- Eel
- Halibut
- Mahi Mahi
- Monkfish
- Snapper
- Tuna
(Canned light and white)
- Tuna
(Yellowfin, Ahi)
- Tuna
(Albacore)

HIGH MERCURY
Eat Rarely
(About once a month)

- 
- King Mackerel
 - Marlin
 - Shark
 - Swordfish
 - Tilefish
(Gulf of Mexico)
 - Tuna
(Big Eye)
 - Tuna
(Bluefin)

Canned Tuna: A Special Case

Canned tuna is a popular seafood choice, but mercury levels can vary widely. Canned "light" tuna is lower in mercury than canned "white", which is albacore.