### Safe Seafood

#### LEAST MERCURY
- Anchovies
- Butterfish
- Catfish
- Clam
- Crab (Domestic)
- Crawfish/Crayfish
- Croaker (Atlantic)
- Flounder*
- Haddock (Atlantic)*
- Hake
- Herring
- Mackerel (N. Atlantic, Chub)
- Mullet
- Oyster
- Perch (Ocean)
- Plaice
- Pollock
- Salmon (Wild, Canned or Fresh)
  - *Farmed Salmon -- might contain PCBs*
- Sardine
- Sardine (White)
- Scallops
- Shad (American)
- Shrimp*
- Sole (Pacific)
- Squid (Calamari)
- Tilapia
- Trout (Freshwater)
- Whitefish
- Whiting

#### MODERATE MERCURY
- Bass (Striped, Black)
- Carp
- Cod (Alaskan)*
- Croaker (White Pacific)
- Halibut (Atlantic)*
- Halibut (Pacific)
- Jacksmelt
  - (Silverside)
- Lobster
- Mahi Mahi
- Monkfish*
- Perch (Freshwater)
- Sablefish
- Skate*
- Snapper*
- Tuna (Canned chunk light)
- Tuna (Skipjack)*
- Weakfish (Sea Trout)

#### HIGH MERCURY
- Bluefish
- Grouper*
- Mackerel (Spanish, Gulf)
- Sea Bass (Chilean)*
- Tuna (Canned Albacore)
- Tuna (Yellowfin)*

#### HIGHEST MERCURY
- Mackerel (King)
- Marlin*
- Orange Roughy*
- Shark*
- Swordfish*
- Tilefish*
- Tuna (Bigeye, Ahi)*

* means not so eco-friendly (overfished, etc.)