

Safe Seafood

LEAST MERCURY	MODERATE 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) <i>Farmed Salmon -- might contain PCBs</i> Sardine Scallop* Shad (American) Shrimp* Sole (Pacific) Squid (Calamari) Tilapia Trout (Freshwater) Whitefish Whiting	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.)