

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.

ECO BEST

ECO WORST

These fish are best or worst choices based on the ecological impacts of how they are 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
Blue Marlin	0	0	0	0	Mercury
King Mackerel	0	1/2	0	0	Mercury
Swordfish	0	1	0	0	Mercury
Shark	0	1	0	0	Mercury
Atlantic Salmon	1/2	1/2	1/2	0	PCBs, dioxins, pesticides
Atlantic Croaker	1	1/2	1/2	0	PCBs
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
White Marlin	1	1	1	1/2	Mercury
Blackback/Winter Flounder	1	1	1	1/2	PCBs
Summer 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
Chilean Seabass	2	2	1	1	Mercury
Wahoo	2	2	1	1	Mercury

Fish	Women	Men	Older children	Younger children	Reason for advisory
Grouper X	2	2	1	1	Mercury
Eastern/American Oyster (wild)	3	2	1	1	PCBs
Atlantic Sturgeon X	3	2	1	1	Mercury
Striped Marlin X	3	2	2	1	Mercury
Mutton Snapper X	3	2	2	1	Mercury
Albacore Tuna (canned white)	3	3	2	1	Mercury
Tilefish X	3	3	2	1	Mercury
Tuna (fresh or frozen)	3	3	2	1	Mercury
Rockfish (Pacific) X	4	3	2	1	Mercury
Red Snapper X	4	3	2	1	Mercury
Halibut			3	2	Mercury
Monkfish X			3	2	Mercury
Blue Mussel (wild)			3	2	PCBs
English Sole			3	2	PCBs
Lingcod			3	2	Mercury
American/Maine Lobster			4	2	Mercury
Winter Skate X				3	Mercury
Mahimahi/Dolphinfish ✓				3	Mercury
Skipjack Tuna				3	Mercury
Yellowtail Snapper X				3	Mercury
Florida Pompano				3	Mercury
Black Sea Bass				4	Mercury
Dungeness Crab ✓				4	Mercury

Women: These advisories are for women ages 18–75, based on a body weight of 144 pounds (65.4 kilograms) and a meal size of 6 ounces (a little more than one-third pound) of fish before cooking. For advisories due to mercury, this advice is intended to protect women of childbearing age and errs on the side of safety for other adults.

Men: These advisories are for men ages 18–75, based on a body weight of 172 pounds (78.1 kilograms) and a meal size of 8 ounces (one-half pound) of fish before cooking.

Older children: These advisories are for children ages 6–12, based on a body weight of 67 pounds (30.5 kilograms) 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, based on a body weight of 32 pounds (14.5 kilograms) and a meal size of 3 ounces (a little less than one-quarter pound) of fish before cooking.

Fish not on this list are either safe to eat at least once per week, or have not been tested sufficiently for contaminants. For more information visit www.oceansalive.org/go/seafood.

e
ENVIRONMENTAL DEFENSE
 finding the ways that work

