

Staying Safe with Seafood

Eating fish is a great way to add lean protein, healthy fats, and delicious flavor to your diet. The USDA recommends adults eat two to three 4oz-servings of fish per week. However, certain fish contain unsafe levels of mercury if too much is eaten. Women who are pregnant or breastfeeding and young children are particularly vulnerable to high mercury levels. Listed below are different types of fish, divided into three categories: best choices, good choices, and fish to avoid. The good news: 90% of fish eaten in the US falls under the “best choices” category.

Best Choices include: (eat 2-3 servings per week)

- Anchovy
- Catfish
- Clam
- Crawfish
- Flounder
- Haddock
- Lobster
- Oyster
- Salmon
- Sardine
- Scallop
- Shrimp
- Squid
- Tilapia
- Tuna (canned light)
- Whitefish

Good choices include: (eat 1 serving per week)

- Bluefish
- Carp
- Grouper
- Halibut
- Mahi mahi
- Snapper
- Striped bass (ocean)
- Tuna (albacore/white tuna/canned)

Fish to avoid (high mercury levels)

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)
- Tuna (bigeye)

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