



Government studies show that one of every six pregnant women in the U.S. will give birth to a baby whose blood is contaminated with mercury at levels above the federal safety standard. Emitted from coal-fired power plants and other sources, the pollutant builds up in some types of seafood. Nutrients in fish can be vital for a baby's brain development, but too much mercury can cause lasting brain damage.

To supplement FDA's consumer advisories, which don't adequately protect the public, EWG evaluated mercury tests from seven government programs and published this list to help women choose safer seafood during pregnancy. This is, in fact, an important guide for everyone, as mercury poses a risk to the immune system and heart, even at low levels. For more information, see our webpage on mercury in seafood at:

www.ewg.org/issues/mercury/

LOWEST IN MERCURY:

- Blue crab (Mid-Atlantic)
- Croaker
- Fish Sticks
- Flounder (summer)
- Haddock
- Trout (farmed)
- Salmon (wild Pacific)
- Shrimp*

* Shrimp fishing and farming practices have raised serious environmental concerns.

** Farmed catfish have low mercury levels but may contain PCBs in amounts of concern for pregnant women.

www.ewg.org/safefishlist

AVOID IF PREGNANT:

- Shark
- Swordfish
- King mackerel
- Tilefish
- Tuna Steaks
- Canned tuna
- Sea bass
- Gulf Coast oysters
- Marlin
- Halibut
- Pike
- Walleye
- White croaker
- Largemouth bass

EAT NO MORE THAN ONE SERVING PER MONTH:

- Mahi mahi
- Blue mussel
- Eastern oyster
- Cod
- Pollock
- Great Lakes salmon
- Gulf Coast blue crab
- Channel catfish (wild)**
- Lake whitefish

1970s DATA SHOW HIGH CONCENTRATIONS

(no recent data available):

- Porgy
- Orange Roughy
- Snapper
- Lake trout
- Bluefish
- Gontino
- Rockfish