



SEAFOOD MEALS PER WEEK GUIDE

Follow this advice to reduce your exposure to mercury, PCBs and other toxic chemicals.

SAFE TO EAT

2-3 MEALS PER WEEK

- Anchovies³
- Black sea bass³
- Butterfish
- Catfish
- Clams
- Cod (U.S. Pacific)
- Crab (Blue, King, Snow) (U.S., Canada)
- Crab - Imitation
- Crayfish
- Flounder/Sole
- Herring³
- Mackerel (canned)³
- Oysters
- Pollock/Fish sticks³
- Salmon (fresh, canned)³
- Chinook (coastal, Alaska)³
- Chum³
- Coho³
- Farmed
- Pink
- Sockeye³
- Sardines (U.S. Pacific)³
- Scallops
- Shrimp/Prawns (U.S., Canada)
- Squid/Calamari
- Tilapia
- Trout³
- Tuna (canned light) (troll, pole)

SAFE TO EAT

1 MEAL PER WEEK

- Chilean sea bass
- Chinook salmon (Puget Sound)³
- Croaker (white, Pacific)
- Halibut (Pacific)
- Lobster (U.S., Canada)
- Mahi mahi
- Monkfish
- Rockfish/Red snapper
- Sablefish/Black cod³
- Tuna, Albacore³ (fresh, canned, white)(WA, OR, CA troll/pole)
- Tuna, Yellowfin

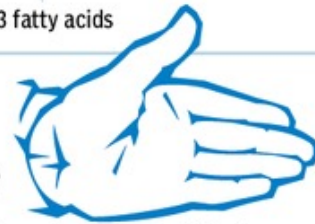
³ = Highest in healthy omega-3 fatty acids

AVOID DUE TO MERCURY

Women who are or may become pregnant, nursing mothers and children should not eat:

- Mackerel (King)
- Marlin
- Shark
- Swordfish
- Tilefish
- Tuna Steak
- Bluefin
- Bigeye

WHAT IS A MEAL?



A serving/meal is about the size and thickness of your hand, or 1 oz. (before cooking) fish for every 20 lbs. of body weight.

**Example: 160 lb. adult: 8 oz.
80 lb. child: 4 oz.**



Source: Washington state Department of Health

SCRIPPS NEWSPAPERS