



A Guide for Avid Fish Eaters

Are you an avid fish eater or do you know someone who loves eating fish? Did you know that people who consume large amounts of fish on a daily or weekly basis could have elevated levels of mercury in their body? This practical guide was developed to help avid fish eaters understand how they can continue to maintain the health benefits of fish consumption while reducing their risk of health effects from mercury exposure. This guide can be used by avid fish eaters to help them choose fish wisely.

The amount of mercury consumed for each person depends on:

- **What kind** of fish they eat,
- **How often** they eat it, and
- **How much** fish they eat at each meal

Health Warning for Sushi Lovers!

The Connecticut Department of Public Health has identified a growing trend of people who frequently eat sushi with high levels of mercury. It is important for sushi eaters to eat a variety of fish and limit the amount of tuna sushi consumed to one meal per week. Tuna sushi contains the highest levels of mercury compared to other types of sushi fish.

Fish Advisory for Markets & Restaurants

Fish Type

General Population

(Men, and Women Beyond Childbearing Years)

High-Risk Groups

(Pregnant and Nursing Women, Women Who May Get Pregnant, & Children Under Age 6)

Haddock	No limits from this group	Eat only 2 meals per week from this group
Cod		
Salmon (wild)*		
Atlantic Mackerel		
Flounder*		
Sole		
Perch		
Tilapia*		
Herring*		
Pollock		
Light Tuna (canned)		
Trout*		
Sardines		
Shellfish (oysters, shrimp, clams, scallops, & lobster)		

~ AND ~

~ OR ~

Salmon (farm-raised)	Eat only Two meals per week from this group	Eat only 1 meal per week from this group
Tuna Steak		
Halibut		
Red Snapper		
White Tuna (canned)		
Catfish (farm-raised)		

~ OR ~

~ AND ~

Swordfish	Eat only One meal per month from this group	Do not eat from this group
Shark		
Tilefish		
King Mackerel		
Striped Bass		

- Fish with asterisks (*) are lower in contaminants and can be eaten more than twice a week by high-risk groups.
- Meals listed in the chart above are based approximately on an 8-ounce serving size of fish.

For more information on fish caught in Connecticut or Specific waterbodies in CT please refer to the CT DPH website at <http://www.ct.gov/dph/fish> or call (860) 509-7740.

