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## SAFE FISH CONSUMPTION

### Tips for smart fish consumption:

1. **Buy fish from someone to whom you can ask questions** – find out where the fish came from, when it is generally in season and whether it is farmed or wild.
2. If you eat fish that you or someone else has caught, **ALWAYS** check if there is an advisory against eating the seafood in question.
3. In general, the fish that are lowest in contaminants are: small in size, low in fat and species that don't live on the bottom of waterways, like lobsters and catfish.
4. **Choose wild-caught instead of farmed for most species.** Farming can have negative impacts on the environment and/or health. This is especially true for Atlantic salmon. In some cases, farmed is better than wild, or a specific method of harvesting is best. This is noted in the chart on the back.
5. **Avoid large, predatory species** (like tuna and swordfish). Contaminants accumulate up the food chain.
6. **Keep servings in proportion and eat different kinds of seafood from meal to meal.**  
For an adult, a serving size is about 4 – 6 ounces. Serve proportionately less for a child – about 2 to 3 ounces (or one tuna fish sandwich). Try not to eat the same fish or shellfish more than once per week.
7. **Reduce PCBs, dioxins and some pesticides in fish and shellfish by using cooking methods that reduce fat.**
  - o Trim fat, skin, and any darker meat along the top or center of the filet.
  - o Remove the mustard from crabs and the tomalley from lobsters.
  - o Broil, grill, bake or steam to cook the seafood. Use a pan that allows fat to drip away from the fish, such as a broiling pan or steaming basket. Avoid frying fish.
  - o Avoid sauces made from liquid fish drippings or cooking water.
  - o Avoid dishes that call for whole fish with internal organs intact.
  - o Cook fish with herbs such as cilantro, dill, rosemary, thyme and parsley.

**NOTE:** *Mercury cannot be reduced by these methods. Mercury levels are high for species listed in the Avoid column of the chart.*

8. **Consider reducing your consumption of fish that are over-fished or raised/harvested in an environmentally questionable manner** (indicated by \* on the chart).
9. **Use the chart to choose which fish to eat and how often.**  
Consider total fish consumption to make sure that overall monthly average is within limits for each category.

This chart was created for children and women, the most vulnerable populations. Men can also suffer from health effects from fish contaminants, but in most cases they would have to be exposed to more of the contaminants than children and fetuses to be affected. To avoid health effects, men should consider restricting the amount and types of fish in their diet to some extent.

**NOTE:** *This list does not include all popular seafood, due to lack of data.*

## Safe Fish List

Frequent consumption 2-3 times / week	Once per week (with no other fish)	Once per month or less (with no other fish)	AVOID Highly contaminated	OVERFISHED Wild Species
Anchovies Clams (farmed) Crawfish Fish sticks *Flounder, Atlantic (Summer or Fluke, Winter or Sole) *Flounder, Pacific (starry) Rainbow trout (farmed) *Shrimp (farmed) Shrimp (trap-caught i.e. California spot prawns, Atlantic northern Pin Shrimp)	Catfish (farmed) *Cod, Atlantic Cod, Pacific Crab (Except Blue from Gulf of Mexico) Crappie Haddock *Hake, Atlantic Hake, Pacific Herring Mahi-Mahi (Hook and Line caught) Mackerel (Atlantic or Boston) Oysters (farmed and not from Gulf of Mexico) Perch Pollock, Pacific Salmon, Wild Alaskan and Pacific Sardines Sea Bass, Striped (farmed) Scallops, Bay Scallops, Sea (farmed) Smelt Sunfish Tilapia (farmed) Tuna (Canned Chunk light, not White)	Bullheads Mackerel, Jack and Spanish Mussels (farmed) Oysters (farmed in Gulf of Mexico) *Pollock, Atlantic *Salmon (farmed) includes ALL Atlantic Salmon	Bass, Freshwater Bass, Largemouth Bass, Sea Bluefish Carp Catfish, Wild Channel Blue Crab, Gulf of Mexico Great Lakes fish *Grouper *Halibut, Atlantic Halibut, Pacific *Lobster King Mackerel *Orange Roughy Pike *Red Snapper *Shark *Swordfish *Tilefish Tuna, Steaks Tuna, Canned white (albacore) Walleye Wild Croaker	*Caviar (Sturgeon roe) *Cod, Atlantic *Flounder, Atlantic *Flounder, Pacific *Grouper *Hake, Atlantic *Lingcod *Lobster *Monkfish *Orange Roughy *Pollack, Atlantic *Red Snapper *Salmon, Wild Atlantic *Sea Bass, Chilean (aka Patagonian Toothfish) *Shark *Sole, Atlantic *Sole, Pacific *Sturgeon *Swordfish *Tilefish *Tuna, Bluefin

Indicates overfished species

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Compiled from Children's Health Environmental Coalition – visit their website at [ww.chechnet.org](http://www.chechnet.org)  
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