



### **Fish and Seafood**

The FDA has warned that some fish (shark, swordfish, king mackerel, tuna and tilefish) may contain levels of mercury that could lead to brain damage in the developing fetus and should not be consumed. Currently the FDA suggests not more than 12 ounces each week of fish that are low in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, Pollock and catfish. Albacore has more mercury than light canned tuna so the limit for this fish is six ounces. For more information on fish consumption advisories, go to the website: [www.cfsan.fda.gov/~frf/sea-mehg.html](http://www.cfsan.fda.gov/~frf/sea-mehg.html) Cooking fish does not decrease the mercury content. Additional information can also be obtained at [www.epa.gov/fisadvisories/advice/factsheet.html](http://www.epa.gov/fisadvisories/advice/factsheet.html).