

# Women of Childbearing Age and Children: AVOID These Fish = High in Mercury

## OCEAN FISH

## FRESHWATER FISH



**Bowfin**



**Wild catfish**



**Chain Pickerel**



**Warmouth**



**Largemouth bass**



**Almaco Jack**



**Banded rudderfish**



**Canned white tuna**



**Cobia**



**Crevalle jack**



**Greater amberjack**



**Grouper**



**King mackerel**



**Ladyfish**



**Orange Roughy**



**Shark**



**Spanish mackerel**



**Swordfish**



**Tilefish**



**Tuna**



**Marlin**



**Little tunny**

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# Women of Childbearing Age and Children: EAT These Fish = Low in Mercury

## FRESHWATER FISH



Bluegill



Farm-raised



Farm-raised



Farm-raised



Tilapia



Trout



Black drum



Canned light tuna



Cod



Crab



Croaker



Flounder



Haddock



Halibut



Herring



Jacksmelt

## OCEAN FISH



Mahi-mahi



Ocean perch



Oysters



Pollock



Pompano



Red drum



Salmon



Scallops



Sheepshead



Shrimp



Southern Kingfish



Spot



Speckled trout



Tripletail



Whitefish



White grunt



Skate



Lobster

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