

Weekly servings of fish to achieve 250 mg/day of EPA + DHA

Fish name	Number of 3.5 ounce (100 gram) servings*
Oily fish	
Anchovy, canned	1
Herring, Atlantic	1
Salmon, Atlantic	1
Tuna, Bluefin	2
Mackerel, Atlantic	2
Bluefish	2
Trout, Rainbow	2
Sardines, Atlantic canned	2
Striped Bass	2
Tilefish	2
Swordfish	2
Tuna, Albacore canned	3
Salmon, Sockeye	3
Carp	4
Salmon, smoked (lox)	4
King Mackerel	5
White fish	
Sea Bass	3
Pollock, Atlantic	4
Snapper	6
Flounder and Sole	6
Tuna, light canned	7
Grouper	8
Catfish, wild	8
Halibut	8
Haddock	12
Cod, Atlantic	12
Shellfish	
Mussels	3
Crab, Alaska King	5
Oysters, eastern raw	6
Clams	7
Shrimp	7
Lobster, northern	10
Scallops	11
Crab, Blue	11

FDA advice on fish consumption in women who are pregnant, might become pregnant, or are nursing

Best choices (eat two to three servings a week)		
▪ Anchovy	▪ Hake	▪ Scallop
▪ Atlantic croaker	▪ Herring	▪ Shad
▪ Atlantic mackerel	▪ Lobster, American and spiny	▪ Shrimp
▪ Black sea bass	▪ Mullet	▪ Skate
▪ Butterfish	▪ Oyster	▪ Smelt
▪ Catfish	▪ Pacific chub mackerel	▪ Sole
▪ Clam	▪ Perch (freshwater and ocean)	▪ Squid
▪ Cod	▪ Pickerel	▪ Tilapia
▪ Crab	▪ Plaice	▪ Trout (freshwater)
▪ Crawfish	▪ Pollock	▪ Tuna, canned light (includes skipjack)
▪ Flounder	▪ Salmon	▪ Whitefish
▪ Haddock	▪ Sardine	▪ Whiting
Good choices (eat one serving a week)		
▪ Bluefish	▪ Monkfish	▪ Tilefish (Atlantic Ocean)
▪ Buffalofish	▪ Rockfish	▪ Tuna, albacore/white tuna, canned and fresh/frozen
▪ Carp	▪ Sablefish	▪ Tuna, yellowfin
▪ Chilean sea bass/Patagonian toothfish	▪ Sheepshead	▪ Weakfish/sea trout
▪ Grouper	▪ Snapper	▪ White croaker/Pacific croaker
▪ Halibut	▪ Spanish mackerel	
▪ Mahi mahi/dolphinfish	▪ Striped bass (ocean)	
Choices to avoid (highest mercury levels)		
▪ King mackerel	▪ Swordfish	
▪ Marlin	▪ Tilefish (Gulf of Mexico)	
▪ Orange roughy	▪ Tuna, bigeye	
▪ Shark		

Note: On average, farm-raised fish tend to be lower in mercury compared with wild-caught fish.^[1]

Reference:

1. Karimi R, Fitzgerald TP, Fisher NS. A quantitative synthesis of mercury in commercial seafood and implications for exposure in the United States. *Environ Health Perspect* 2012; 120:1512.

Reproduced from: U.S. Food and Drug Administration. *Food: Eating Fish: What Pregnant Women and Parents Should Know*. Available at: <http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393070.htm> (Accessed January 26, 2017).