

## Mercury in Fish

Here's a list of common fish with the amount of Omega 3 fats they contain as well as the mercury content in parts per million (ppm) for a 3.5-ounce serving. The CDC recommends avoiding fish with more than 1.0 ppm.

Fish / Shellfish	Mercury (PPM)	Omega 3 fats (mg.)
Golden Bass (Gulf of Mexico)	1.45	905
Shark	0.99	689
Swordfish	0.98	819
King Mackerel	0.73	401
White Tuna (albacore)	0.35	862
Lobster	0.31	84
Halibut	0.25	465
Snapper	0.19	321
Mahimahi	0.15	139
Golden Bass (Atlantic)	0.14	905
Light Tuna	0.12	270
Atlantic Cod	0.10	158
Crab	0.09	413
Trout	0.07	935
Atlantic Mackerel	0.05	1203
Mussels	<0.15	782
Anchovy	<0.05	2055
Farmed Catfish	<0.05	177
Atlantic Herring	<0.05	2014
Farmed Salmon	<0.05	2648
Wild Salmon	<0.05	1043
Sardines	<0.05	982
Clams	<0.05	284
Oysters	<0.05	688
Scallops	<0.05	365
Shrimp	<0.05	315