

What Fish Are Safe To Eat?

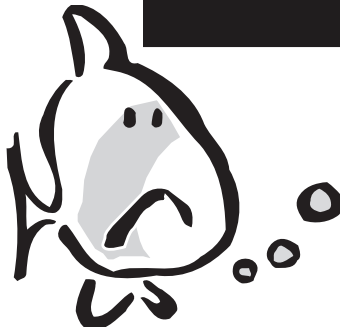
Advice on Eating Fish

From the North Carolina Division of Public Health

Most fish are good to eat and good for you - high in protein and other nutrients, and low in fat. But some kinds of fish contain high amounts of mercury, which can cause health problems in people, especially children. People should avoid eating those fish. To help you make the healthiest choices, North Carolina offers the following advice. For more information, see www.epi.state.nc.us/epi/fish/ or call (919)707-5900.

	Fish LOW in Mercury	Fish HIGH in Mercury
Women of childbearing age, pregnant women, nursing mothers and children under age 15	Eat up to 2 meals per week	Do not eat
All other people	Eat up to 4 meals per week	Only 1 meal per week

AVOID fish that are **HIGH** in mercury



Ocean Fish

Albacore (white) tuna**
fresh or canned
Almaco jack
Banded rudderfish
Cobia
Crevalle jack
Greater amberjack
South Atlantic grouper
(gag, scamp, red
and snowy)

King mackerel
Ladyfish
Little tunny
Marlin
Orange roughy
Shark
Spanish mackerel
Swordfish
Tilefish
Tuna, fresh or frozen**

Freshwater Fish

Blackfish (bowfin)*
Black crappie**
Catfish (caught wild)*
Jack fish (chain pickerel)*
Largemouth bass (statewide)
Walleye in Lake Fontana
& Lake Santeetlah
Warmouth*
Yellow perch*

EAT fish that are **LOW** in mercury

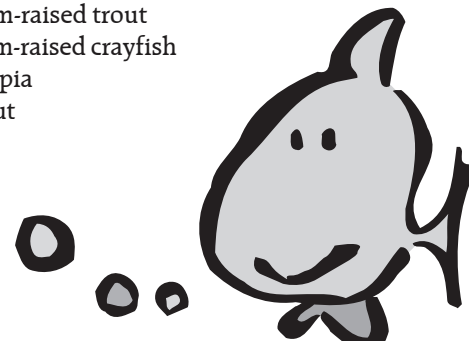
Ocean Fish

Black drum
Canned light tuna
Cod
Crab
Croaker
Flounder
Haddock
Halibut
Herring
Jacksmelt
Lobster
Mahi-mahi
Ocean perch
Oysters
Pollock
Pompano

Red drum
Salmon
(canned, fresh or frozen)
Scallops
Sheepshead
Shrimp
Skate
Southern kingfish
(sea mullet)
Spot
Speckled trout
(spotted sea trout)
Tripletail
Whitefish
White grunt

Freshwater Fish

Bluegill sunfish
Farm-raised catfish
Farm-raised trout
Farm-raised crayfish
Tilapia
Trout



*High mercury levels have been found in blackfish (bowfish), catfish, jack fish (chain pickerel), warmouth, and yellow perch caught south and east of Interstate 85.

**Different species from canned light tuna

***High mercury levels have been found in black crappie caught south and east of Interstate 95.



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