



A Guide for Avid Fish Eaters

Are you an avid fish eater or do you know someone who loves eating fish? Did you know that people who consume large amounts of fish on a daily or weekly basis could have elevated levels of mercury in their body? This practical guide was developed to help avid fish eaters understand how they can continue to maintain the health benefits of fish consumption while reducing their risk of health effects from mercury exposure. This guide can be used by avid fish eaters to help them choose fish wisely.

The amount of mercury consumed for each person depends on:

- **What kind** of fish they eat,
- **How often** they eat it, and
- **How much** fish they eat at each meal

Health Warning for Sushi Lovers!

The Connecticut Department of Public Health has identified a trend of people who frequently eat sushi with high levels of mercury. It is important for sushi eaters in the general population to eat a variety of fish and **limit the amount of tuna sushi consumed to one meal per month**. Tuna sushi contains the highest levels of mercury compared to most other types of sushi.

Safer Choices for Fish Eaters

Fish Type

General Population

(Women Beyond Childbearing Years and Men)

High-Risk Groups

(Pregnant and Nursing Women, Women Who May Get Pregnant, & Children Under Age 6)

Haddock	No limits from this group	Eat only 2 meals per week from this group
Cod		
Salmon (wild)*		
Atlantic Mackerel*		
Flounder, Sole and Fluke*		
Sole*		
Perch		
Tilapia		
Herring*		
Pollock*		
Light Tuna (canned)		
Trout*		
Sardines and smelt*		
Shellfish (oysters, shrimp, clams, scallops, & lobster)		
~ AND ~		
Salmon (farm-raised)	Eat only Two meals per week from this group	Eat only 1 meal per week from this group
Halibut and Yellowtail		
Red Snapper		
White Tuna (canned)		
Catfish (farm-raised)		
~ OR ~		
Swordfish, Tuna Steak and Tuna Sushi	Eat only One meal per month from this group	Do not eat from this group
Shark and King Mackerel		
Striped Bass		
Tilefish		
Bluefish		

- Fish with asterisks (*) are lower in contaminants and can be eaten more than twice a week by high-risk groups.
- Meals listed in the chart above are based approximately on an 8-ounce serving size of fish.

For more information about eating fish caught in specific waterbodies in CT, please refer to the CT DPH website at <http://www.ct.gov/dph/fish> or call (860) 509-7740.



Revised 06/2016