

Women of Childbearing Age and Children Eat Fish Low in Mercury

FRESHWATER FISH



Bluegill sunfish



Farm-raised catfish



Farm-raised trout



Farm-raised crayfish



Tilapia



Trout

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



Scallops



Sheepshead



Shrimp



Skate



Southern Kingfish



Spot



Speckled trout



Tripletail



Whitefish



White grunt

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