

# Hooked on Rhode Island Seafood



## Finding low-mercury fish in Rhode Island

### Why eat seafood?

Fish and shellfish contain omega-3 fatty acids that can improve the health of people of all ages. Pregnant women who eat fish will pass these nutrients to her baby supporting healthy brain and eye development.

### Fish and Mercury

Fish are generally good to eat, but some have higher levels of toxins than others. Mercury and other pollutants can build up in the bodies of living things, especially the larger types of fish we eat. These pollutants can harm brain development at relatively low levels and can be toxic to adults at high levels.

### How much seafood should I eat?

Women of childbearing age should eat two to three servings each week and children older than age two should try to eat one to two servings of seafood from the "best choices" list each week. Follow the chart on the other side of this bookmark to see which kinds of fish are best to eat.

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## Best Choices

about two to three servings a week

|                                   |   |
|-----------------------------------|---|
| Anchovy                           | Oyster                                  |
| Atlantic croaker                  | Pollock                                 |
| Butterfish                        | Salmon                                  |
| Catfish (farm-raised)             | Sardine                                 |
| Clams                             | Scallop                                 |
| Cod                               | Scup                                    |
| Crab                              | Shrimp                                  |
| Flatfish (flounder, plaice, sole) | Skate                                   |
| Haddock                           | Smelt                                   |
| Hake                              | Squid                                   |
| Herring                           | Tilapia                                 |
| Herring                           | Trout (farm-raised)                     |
| Lobster                           | Tuna (canned light, including skipjack) |
| Mackerel (Atlantic, jack, chub)   | Whitefish                               |
| Mullet                            | Whiting                                 |

## Good Choices

up to one serving a week

|                |   |
|----------------|---|
| Black sea bass | Sheepshead                                  |
| Buffalo fish   | Snapper                                     |
| Carp           | Spanish mackerel                            |
| Grouper        | Tautog                                      |
| Halibut        | Tilefish (Atlantic Ocean)                   |
| Mahi-Mahi      | Tuna (canned albacore, yellowfin, or white) |
| Monkfish       | Weakfish                                    |
| Rockfish       | White croaker (Pacific)                     |
| Sablefish      |   |

## Seafood to Avoid

Highest mercury or PCB levels  
(up to one serving per month)

|                  |                           |
|------------------|---------------------------|
| Bluefish         | Sea lamprey               |
| Chilean sea bass | Shark                     |
| Eel              | Striped bass              |
| King mackerel    | Swordfish                 |
| Marlin           | Tilefish (Gulf of Mexico) |
| Orange roughy    | Tuna (fresh and frozen)   |

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### What is a serving?

To find out, use the palm of your hand!



For an adult  
four ounces



For children, ages four to seven  
two ounces

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