

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.

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.

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.

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.

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)

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
Hake	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)

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
Hake	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)

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
Hake	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)

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

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

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

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