

Radio Script / Short News Article

Mercury in Fish

This is _____ with the UK College of Agriculture. Seafood, including fresh water fish, can be an important part of a healthy diet. However, chemicals in our environment like mercury may contaminate fish and make it hazardous, especially for pregnant women, women who may become pregnant, nursing mothers and young children. Follow these guidelines to avoid this environmental health risk:

When eating fish in restaurants or purchasing fish in stores:

- Avoid shark, swordfish, king mackerel or tilefish. These big fish feed on smaller fish and can accumulate mercury.
- When eating other types of fish, limit your weekly consumption to an average of 12 ounces.

If you're eating fish or shellfish caught in local waters:

- For women, try to limit your consumption to no more than 6 ounces per week.
- Young children should not eat more than 2 ounces per week.

If you have questions about mercury in fish, contact the FDA Food Information

Hotline at 1-888-SAFEFOOD.