



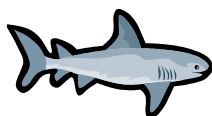
Mercury in Fish

Mercury can be found in streams, lakes and oceans. Tiny animals and plants take mercury from the water and mud at the bottom. Minnows and small fish eat a lot of these tiny animals and plants. They take in the mercury. Larger fish eat the smaller fish and the mercury inside them. The mercury builds up. Large fish take in the most mercury.

People can take in mercury by eating contaminated fish. The mercury can be harmful. Pregnant women, women who may get pregnant, women who breast feed, and young children are most at risk. The tips below are for these groups.

Tips for Safely Eating Fish

- Eat fish other than -
 - Shark
 - Swordfish
 - Tilefish
 - King mackerel
- Adults should eat no more than 12 ounces of fish or shellfish each week.
- Young children should eat no more than 6 ounces of fish or shellfish each week.
- Do not eat the same type of fish or shellfish two times in the same week.
- Check with your local health department to see if you can safely eat fish you catch.
- Eat fish or shellfish with low mercury most often –
 - Shrimp
 - Pollock
 - Salmon
 - Catfish
 - Canned light tuna
- Eat no more than 6 ounces of albacore tuna in one week. It has more mercury than light tuna.



Fish can be an important part of a healthy diet. Everyone can safely include fish in their diet. Follow the tips above to limit how much mercury you take in from fish. Talk to your doctor or health department if you have questions.

References:

Sizer, F. & E. Whitney, **Nutrition Concepts and Controversies**, 9th edition, Belmont, California: Wadsworth/Thomson Learning, 2003.
 U.S. Department of Health and Humans Services and U.S. Environmental Protection Agency, **What You Need to Know About Mercury in Fish and Shellfish**, EPA-823-R-04-005, Washington, D.C., March 2004.

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