START WITH A “FISH LIST”
If you eat seafood, take a moment to list the kinds of seafood you prefer. Then estimate the size of portion you normally consume and how often. (Hint: A four to six ounce serving is roughly the size and thickness of the palm of your hand.)
Next, check your “fish list” against the “Which Fish and How Much?” chart in this brochure.

THREE SIMPLE RULES:
1. Choose low-mercury, high omega-3 fatty acid seafood
   - Seafood has many healthy nutrients. But all fish are not equal when it comes to mercury levels. Fish that are smaller or lower on the food chain – like shellfish, anchovies, sardines, salmon and tilapia – contain much less mercury than large, top predators such as tuna and swordfish.
   - In how many cases does fish, refer to the “Which Fish and How Much?” chart in this brochure.

2. Limit your consumption of higher mercury fish.
   - For guidance on mercury levels in fish, refer to the “Which Fish and How Much?” chart in this brochure.

3. If you are part of the “at risk” group, choose low-mercury seafood.
   - WHO is at risk?
     - People who eat fish frequently or who favor top predator fish (such as swordfish or tuna) may need to rely on low-mercury fish.
     - For guidance on mercury levels in fish, refer to the “Which Fish and How Much?” chart in this brochure.

FIND OUT MORE:
To download and print this brochure and for lots more information and resources on mercury in seafood, check out www.safinacenter.org and www.stonybrook.edu/mercury.

THE “AT RISK” GROUPS
- Women who are pregnant, breastfeeding or who plan to become pregnant within a year, and children less than 12 years old:
- Men who are part of the “at risk” group:
- Kids who eat fish frequently or who favor top predator fish.

WHICH FISH AND HOW MUCH?
For guidance on mercury levels in fish, refer to the “Which Fish and How Much?” chart in this brochure.