



## Mercury Toxicity In Fish

### **Seafood Warning For Pregnant Women**

On January 12, 2001, government health officials issued new advisories warning women to limit fish consumption during pregnancy, to avoid exposing their unborn child to unsafe levels of methylmercury. Methylmercury can cross the placenta and cause learning deficits and developmental delays in children who are exposed even to low levels in the womb. The principal exposure route for the fetus is fish consumption by the mother.

### **General Tuna Advisory**

Consumers Union (site registration required) believes “vulnerable individuals” should limit their intake of Tuna based on the EPA guidelines, and suggests that pregnant women should avoid fish with high mercury levels.

### **Fish Lowest in Mercury: Safe Options for Pregnant Women**

Trout (farmed), Catfish (farmed), Fish Sticks, Flounder (during Summer), Tilapia, Salmon (Wild Pacific), Herring, Sardines, Mullet, Croaker, Haddock, Shrimp, Scallops, King Crab and Mid Atlantic Blue Crab.

### **No More Than One Serving From the Following:**

Canned Tuna, Mahi Mahi, Lake Whitefish, Pollack Great Lakes Salmon, Channel Catfish (Wild), Blue Mussel, Eastern Oyster Cod, and Gulf Coast Blue Crab.

### **AVOID IF PREGNANT!**

Tuna Steaks, Tilefish, Sea Bass, Halibut, Pike, Shark, King Mackerel, Gulf Coast Oysters Marlin, White Croaker, Walleye, and Largemouth Bass.