

# Seafood and Health

## Women and Children Can Avoid the Risks of Mercury

Because mercury, an environmental pollutant, is present in fish and may harm an unborn baby or young child's developing nervous system, the Food and Drug Administration and Environmental Protection Agency have issued the following advice for women of childbearing age and children.

~Do not eat these high-mercury fish:  
Swordfish, Shark, King Mackerel and Tilefish

~Eat up to 12 ounces (2 average meals) a week of fish that are lower in mercury

~When choosing your two meals,  
limit albacore tuna and tuna steaks to 6 ounces a week



## Everyone Can Enjoy The Health Benefits of Seafood

Seafood is an excellent low-fat source of protein. Research has linked the long-chain omega-3 fatty acids in seafood to numerous health benefits for developing fetuses, infants and adults.

These benefits include improved vision, increased pregnancy length, and improved cognitive development for infants and young children. For adults,

seafood may help to reduce the risk for cardiovascular disease.

For more information, go to the Food and Drug Administration's website at [www.cfsan.fda.gov/~dms/admehg3.html](http://www.cfsan.fda.gov/~dms/admehg3.html) or Oceana's website at [www.oceana.org/mercury](http://www.oceana.org/mercury).



### Low Mercury Seafood

#### High in Omega-3's

Anchovies  
Herring  
Mussels  
Oysters  
North Atlantic Mackerel  
Salmon  
Sardines  
Trout

Blue, King and Snow crab  
Canned Light Tuna  
Catfish  
Cod  
Flatfish (Sole, Flounder, Plaice)  
Pollock  
Scallop  
Shrimp  
Tilapia