

What Fish Are Safe To Eat?

Advice on Eating Fish

From the North Carolina Division of Public Health

Most fish are good to eat and good for you - high in protein and other nutrients, and low in fat. But some kinds of fish contain high amounts of mercury, which can cause health problems in people, especially children. To help you make the healthiest choices, North Carolina offers the following advice. For more information, see www.epi.state.nc.us/epi/fish/ or call (919)707-5900.

Avoid or limit fish consumption based on the following:

Women of childbearing age (15 to 44 years), pregnant women, nursing mothers and children under age 15	All other people
Do not eat fish from the HIGH in mercury list.	Eat only 1 meal of fish per week from the HIGH in mercury list.
Eat up to 2 meals per week of fish from the LOW in mercury list.	Eat up to 4 meals of fish per week from the LOW in mercury list.

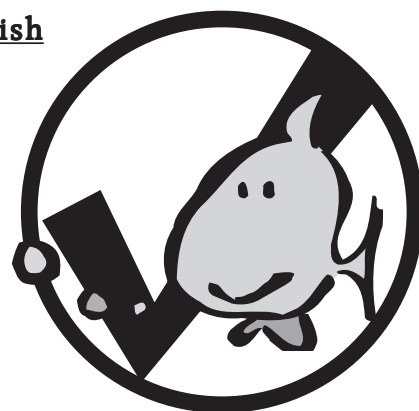
Eat Fish **LOW** in mercury

Ocean Fish

Black drum	Pollock
Canned <u>light</u> tuna	Pompano
Cod	Red drum
Crab	Salmon (canned, fresh or frozen)
Croaker	Scallops
Flounder	Sheepshead
Haddock	Shrimp
Halibut	Skate
Herring	Southern kingfish (sea mullet)
Jacksmelt	Spot
Lobster	Speckled trout (spotted sea trout)
Mahi-mahi	Tripletail
Ocean perch	Whitefish
Oysters	White grunt

Freshwater Fish

Bluegill sunfish
Farm-raised catfish
Farm-raised trout
Farm-raised crayfish
Tilapia
Trout



Avoid Fish **HIGH** in mercury

Ocean Fish

Albacore (white) tuna** fresh or canned	King mackerel
Almaco jack	Ladyfish
Banded rudderfish	Little tunny
Cobia	Marlin
Crevalle jack	Orange roughy
Greater amberjack	Shark
South Atlantic grouper (gag, scamp, red and snowy)	Spanish mackerel
	Swordfish
	Tilefish
	Tuna, fresh or frozen**

Freshwater Fish

Blackfish (bowfin)*
Black crappie***
Catfish (caught wild)*
Jack fish (chain pickerel)*
Largemouth bass (statewide)
Walleye in Lake Fontana
& Lake Santeetlah (Graham &
Swain counties)
Warmouth*
Yellow perch*



*High mercury levels have been found in blackfish (bowfish), catfish, jack fish (chain pickerel), warmouth, and yellow perch caught south and east of Interstate 85.

**Different species from canned light tuna

***High mercury levels have been found in black crappie caught south and east of Interstate 95.