

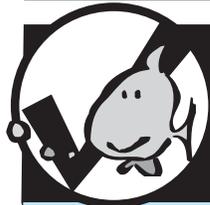
# What fish are safe to eat?

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/](http://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		Freshwater Fish
Black drum	Pollock	Bluegill sunfish
Canned light tuna	Pompano	Farm-raised catfish
Cod	Red drum	Farm-raised trout
Crab	Salmon (canned, fresh or frozen)	Farm-raised crayfish
Croaker	Scallops	Tilapia
Flounder	Sheepshead	Trout
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	



### Avoid Fish HIGH in mercury

Ocean Fish		Freshwater Fish
Albacore (white) tuna** fresh or canned	Little tunny	Blackfish (bowfin)*
Almaco jack	Marlin	Black crappie***
Banded rudderfish	Orange roughy	Catfish (caught wild)*
Cobia	Shark	Jack fish (chain pickerel)*
Crevalle jack	Spanish mackerel	Largemouth bass (statewide)
Greater amberjack	Swordfish	Walleye in Lake Fontana & Lake Santeetlah (Graham & Swain counties)
South Atlantic grouper (gag, scamp, red and snowy)	Tilefish	Warmouth*
King mackerel	Tuna, fresh or frozen**	Yellow perch*
Ladyfish		

\*High mercury levels have been found in blackfish (bowfin), 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.

