

Fish are part of a healthy diet. Use this document to help you choose which fish to eat, and how often to eat them, based on their mercury levels. One meal of fish is an 8-ounce fillet.

People who are nursing, pregnant or planning to be, and children under 6 years old:

Eat up to four meals per month:

These fish have **low** mercury levels:

- Brook trout



- Brown bullhead



- Brown trout



- Pumpkinseed



- Rainbow trout



- Yellow perch (less than 10")



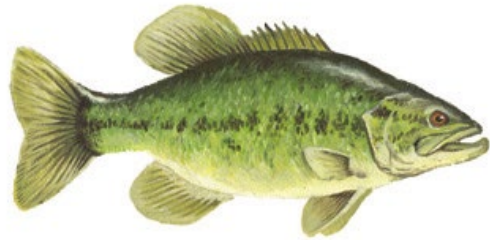
- White perch



Or one meal per month:

These fish have **medium** mercury levels:

- Largemouth bass



- Northern pike



- Smallmouth bass (less than 16")



- Yellow perch



Do not eat:

These fish have **high** mercury levels. People who are nursing, pregnant or planning to be and children under 6 years old should **not** eat these fish.

- Chain pickerel



- Lake trout



- Smallmouth bass (16" and larger)



- Walleye



Adults who are not nursing, pregnant or planning to be, and children age 6 and older:

Eat up to eight meals per month:

These fish have **low** mercury levels:

- Brook trout



- Brown bullhead



- Brown trout



- Pumpkinseed



- Rainbow trout



- Yellow perch (less than 10")



- White perch



Or up to six meals per month:

These fish have **medium** mercury levels:

- Largemouth bass



- Northern pike



- Smallmouth bass (less than 16")



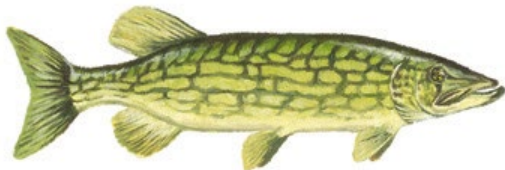
- Yellow perch



Or up to four meals per month:

These fish have **high** mercury levels:

- Chain pickerel



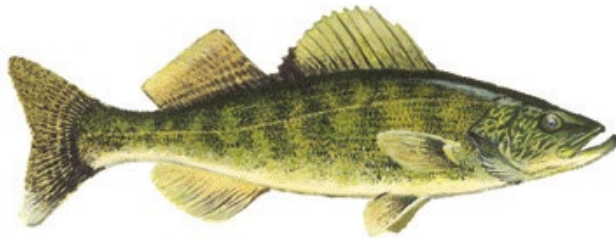
- Lake trout



- Smallmouth bass (16" and larger)



- Walleye



If you reach the meals per month limit, eat no other fish that month. If you do not reach the limit, then you can eat additional servings of fish you buy. Use the fish meal calculator on our website to help you figure out how much fish to eat.

These guidelines are based on an 8-ounce fillet of fish caught in Vermont and scientific information about the harmful effects of mercury. They do not apply to dried fish, whole fish or fish organs. There may be specific safe eating guidelines in place for certain waterbodies in Vermont.

Fish provide key nutrients like omega fats, iron, iodine and choline. These nutrients are important for heart health and to support health during pregnancy, nursing or early childhood. **Everyone should try to eat 2-3 servings of fish per week.**

People who are nursing, pregnant or planning to be pregnant, and young children, should not eat fish from the “Choices to Avoid” list. These fish are high in mercury, which can be harmful to a developing nervous system.

Use this document to help you choose which fish to eat, and how often to eat them, based on their mercury levels.

People who are nursing, pregnant or planning to be, and children under 6 years old

Best Choices: Eat 2-3 servings per week and no other fish that week

These fish have **low** mercury levels:

- Anchovy
- Atlantic mackerel
- Black sea bass
- Catfish
- Clam
- Cod
- Crab
- Flounder
- Haddock
- Hake
- Herring
- Lobster
- Oyster
- Pickerel
- Pollock
- Salmon
- Sardine
- Scallop
- Shad
- Shrimp
- Sole
- Squid

- Tilapia
- Tuna: light and skipjack (canned, fresh or frozen)
- Whitefish

Good Choices: Eat one serving per week and no other fish that week

These fish have **medium** mercury levels:

- Carp
- Chilean sea bass
- Grouper
- Halibut
- Mahi-Mahi/dolphinfish
- Monkfish
- Rockfish
- Snapper
- Spanish mackerel
- Tilefish (Atlantic Ocean)
- Tuna: albacore/white and yellowfin (canned, fresh or frozen)
- White croaker (Pacific)

Choices to Avoid: Do not eat

These fish have **high** mercury levels. People who are nursing, pregnant or planning to be and children under 6 years old should **not** eat these fish.

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)
- Tuna: bigeye (fresh or frozen)

People who are not nursing, pregnant or planning to be, and children age 6 and older

Best Choices: Eat at least 2-3 servings per week

These fish have **low** mercury levels:

- Anchovy
- Atlantic mackerel
- Black sea bass
- Catfish
- Clam
- Cod

- Crab
- Flounder
- Haddock
- Hake
- Herring
- Lobster
- Oyster
- Pickerel
- Pollock
- Salmon
- Sardine
- Scallop
- Shad
- Shrimp
- Sole
- Squid
- Tilapia
- Tuna: light and skipjack (canned, fresh or frozen)
- Whitefish

Good Choices: Eat at least 2-3 servings per week

These fish have **medium** mercury levels:

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- Mahi-Mahi/dolphinfish
- Monkfish
- Rockfish
- Snapper
- Spanish mackerel
- Tilefish (Atlantic Ocean)
- Tuna: albacore/white and yellowfin (canned, fresh or frozen)
- White croaker (Pacific)

Choices to Avoid: Eat 2 servings per week

These fish have **high** mercury levels.

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish

- Tilefish (Gulf of Mexico)
- Tuna: bigeye (fresh or frozen)

Serving Sizes

One serving size is about the palm of your hand.

- Ages 1 to 3 = 1 ounce
 - Ages 4 to 7 = 2 ounces
 - Ages 8 to 10 = 3 ounces
 - Ages 11 to adult = 4 ounces
- (1 ounce = 28 grams)

These guidelines were developed by the U.S. FDA and U.S. EPA. Go to www.fda.gov/FishAdvice for more information about eating fish.

If you eat fish caught by family or friends, check the Fish You Catch in Vermont guidelines.