

# 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. People should avoid eating those fish. 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.

	Fish <b>LOW</b> in Mercury	Fish <b>HIGH</b> in Mercury
Women of childbearing age, pregnant women, nursing mothers and children under age 15	Eat up to 2 meals per week	<b>Do not eat</b>
All other people	Eat up to 4 meals per week	<b>Only 1 meal per week</b>

### AVOID fish that are **HIGH** in mercury



#### Ocean Fish

Almaco jack  
Banded rudderfish  
Canned white tuna (albacore tuna)  
Cobia  
Crevalle jack  
Greater amberjack  
South Atlantic grouper (gag, scamp, red and snowy)

King mackerel  
Ladyfish  
Little tunny  
Marlin  
Orange roughy  
Shark  
Spanish mackerel  
Swordfish  
Tilefish  
Tuna (fresh/frozen)\*\*

#### Freshwater Fish

Blackfish (bowfin)\*  
Catfish (caught wild)\*  
Jack fish (chain pickerel)\*  
Largemouth bass (statewide)  
Warmouth\*

### EAT fish that are **LOW** in mercury

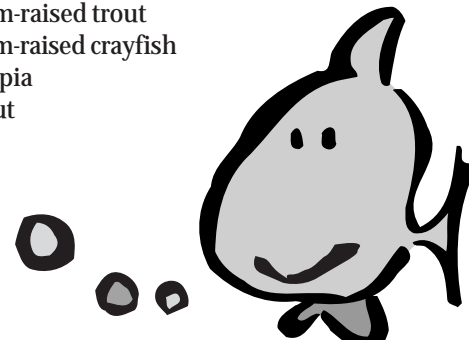
#### Ocean Fish

Black drum  
Canned light tuna  
Cod  
Crab  
Croaker  
Flounder  
Haddock  
Halibut  
Herring  
Jacksmelt  
Lobster  
Mahi-mahi  
Ocean perch  
Oysters  
Pollock  
Pompano

Red drum  
Salmon (canned, fresh or frozen)  
Scallops  
Sheepshead  
Shrimp  
Skate  
Southern kingfish (sea mullet)  
Spot  
Speckled trout (spotted sea trout)  
Tripletail  
Whitefish  
White grunt

#### Freshwater Fish

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



\*High mercury levels have been found in blackfish (bowfish), catfish, jack fish (chain pickerel), and warmouth caught south and east of Interstate 85.  
\*\*Different species from canned light tuna

