

I'm confused about mercury contamination; should I skip fish altogether?

Seafood is Safe to Eat

Recent studies on the pros and cons of fish consumption clearly show that avoiding fish altogether in your diet is risking your health. Everyone should aim to have two servings per week.

Seafood is a key source of protein and heart healthy omega-3 fatty acids. And including a variety of fish rich in omega-3 fatty acids, such as tuna and salmon, can reduce your risk of death from a heart attack.



If you are pregnant, may become pregnant, or nursing young children, do make sure that you include two servings of fish each week from species that are low in mercury. The U.S. Food and Drug Administration recommends avoiding large, predatory fish such as shark, swordfish, king mackerel and tilefish. Instead pick low mercury species like Alaskan salmon, catfish, freshwater rainbow trout, oysters, shrimp, pollock, sardines, anchovies and canned light tuna.

For more information on what fish can be safely consumed during pregnancy, go to <http://www.fda.gov/Food/FoodSafety/Product-SpecificInformation/Seafood/FoodbornePathogensContaminants/Methylmercury/ucm115662.htm>

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