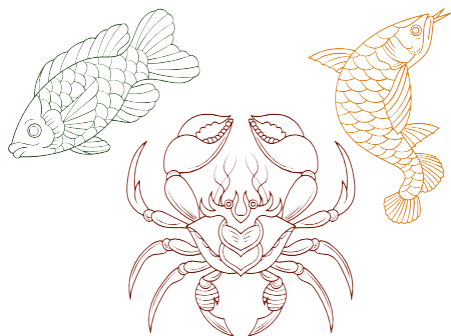




For more information, contact the
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(603)·271-1370



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Mercury and Fish Consumption

NEW HAMPSHIRE
DEPARTMENT OF
ENVIRONMENTAL
SERVICES

Health Benefits of Fish

Many health experts recommend eating fish during pregnancy.

A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development. Fish are a great source of protein, vitamins D and B12, iron, minerals, and omega-3 fatty acids, a key nutrient for brain development.

How much fish is safe to eat?

For most people, the risk from mercury by eating fish and shellfish is not a health concern, but one should generally avoid foods with elevated mercury levels. This is especially important for vulnerable populations such as pregnant and breastfeeding women and young children. The weekly recommendation of fish and shellfish consumption is between 8 and 12 ounces of various seafood per week, from lower mercury choices.

For more information regarding mercury, use the following link:

<https://tinyurl.com/4hjuz32>



BEST CHOICES

2-3 SERVINGS A WEEK

Catfish, Cod, Flounder, Haddock, Herring, Light Tuna (canned), Pollack, Sole, Salmon, Squid, Tilapia, Trout, Shellfish (Oysters, Shrimp, Crab, Clams, Scallops, Lobster)

GOOD CHOICES

1 SERVING A WEEK

Bluefish, Chilean seabass, Halibut, Mahi-mahi, Monkfish, Rockfish, Sea trout/Weakfish, Snapper, Spanish mackerel, Striped bass, Tuna (yellowfin)

CHOICES TO AVOID

HIGHEST MERCURY LEVELS

King mackerel, Marlin, Orange roughy, Shark, Swordfish, Tilefish (Gulf of Mexico), Tuna (bigeye)

For more information regarding fish consumption, use the following link:

<https://tinyurl.com/88nwp7ji>



Should I be concerned about mercury in the fish I eat?

Nearly all fish contain traces of contaminants, such as mercury. However, there are plenty of safe options to choose from when consuming fish. The potential risks from mercury in fish depend on how much you eat and what kinds of fish are eaten.

Should I be concerned about other contaminants in my fish?

The state of New Hampshire makes every effort to ensure that all fish bought and caught in the stores and waters of New Hampshire are as safe as possible. For information containing updates to health hazards, visit www.des.nh.gov.

Serving Size

1 serving = 4 ounces

2 to 3 servings a week from the "Best Choices" list (OR 1 serving from the "Good Choices" list).

For more on locally caught fish, use the following link:

<https://tinyurl.com/4au4u36u>

