

# FDA list of Mercury in Fish

Google "FDA Mercury in Fish" and the following page comes up:

<http://www.fda.gov/food/foodsafety/product-specificinformation/seafood/foodbornepathogenscontaminants/methylmercury/ucm115644.htm>

Another page of interest: <http://www.fda.gov/Food/FoodborneIllnessContaminants/BuyStoreServeSafeFood/ucm110591.htm>

## Most Hg Toxic (PPM)

1.	<b><i>Tilefish (Gulf of Mexico)</i></b>	<b>1.45</b>
2.	<b><i>Swordfish</i></b>	<b>0.995</b>
3.	<b><i>Shark</i></b>	<b>0.979</b>
4.	<b><i>King Mackerel</i></b>	<b>0.730</b>
5.	<b><i>Tuna (Bigeye, fresh/frozen)</i></b>	<b>0.689</b>
6.	<b><i>Orange roughy</i></b>	<b>0.571</b>
7.	<b><i>Marlin</i></b>	<b>0.485</b>
8.	Mackerel (Spanish, Gulf Mx)	0.454
9.	Groupers (all species)	0.448
10.	Tuna (Unknown Sp, fresh/frozen)	0.415
11.	Bluefish	0.368
12.	Sablefish	0.361
13.	Tuna (Albacore, fresh/frozen)	0.358
14.	Bass (Chilean)	0.354
15.	Tuna (Yellowfin, fresh/frozen)	0.354
16.	Tuna (Albacore, Canned)	0.350
17.	Croaker, white (Pacific)	0.287
18.	Halibut	0.241
19.	Weakfish (Sea trout)	0.235
20.	Scorpion fish	0.233
21.	Monkfish	0.181
22.	Mahi Mahi	0.178
23.	Snapper	0.166
24.	Bass (Saltwater/Black/Striped)	0.152
25.	Perch (Freshwater)	0.150
26.	Tilefish (Atlantic)	0.144
27.	Tuna (Skipjack, fresh/frozen)	0.144
28.	Buffalofish	0.137
29.	Skate	0.137
30.	Tuna (Light, Canned)	0.128

## Least Hg Toxic

1.	Scallop	0.003
2.	Salmon (canned)	0.008
3.	Shrimp & Clams	0.009
4.	Oyster	0.012
5.	Tilapia	0.013
6.	Sardine	0.013
7.	Anchovies	0.017
8.	Salmon (fresh/frozen)	0.022
9.	Squid (Calamari)	0.023
10.	Catfish	0.025
11.	Pollock	0.031
12.	Crawfish/Crayfish	0.033
13.	Shad (American)	0.045
14.	Mullet	0.050
15.	Mackerel (Atlantic)	0.050
16.	Whiting	0.051
17.	Haddock (Atlantic)	0.055
18.	Flatfish (Flounder/Sole/Plaice)	0.056
19.	Butterfish	0.058
20.	Crab (Blue/King/Snow)	0.065
21.	Trout (Freshwater)	0.071
22.	Hake	0.079
23.	Herring	0.084
24.	Mackerel (Pacific, Chub)	0.088
25.	Whitefish	0.089
26.	Sheepshead	0.093
27.	Lobster	0.107
28.	Carp	0.110
29.	Cod	0.111
30.	Perch (Ocean)	0.121

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