David Getoff's Mercury in Fish and Seafood Chart & Recommendations

(NOTE - FDA action level is 1.0 ppm)

Compiled from FDA and other Mercury in fish monitoring programs through rev. 2/2012

ND represents None Detected (mercury) in some of the test samples

My recommendations are for healthy people - I may be MUCH stricter for many disease conditions

FISH or SEAFOOD Name or SPECIES	Mercury Range (ppm)	David's Recommendations
ANCHOVIES	ND to .049	AMONG THE LOWEST IN MERCURY ✓
BASS (fresh water)	0.15 to 0.34	OK to eat a few times a year
BASS (salt water - Black or Striped)	ND to 0.96	Bad Guess upper range is too high
BLACK COD	ND to 1.21	Bad Guess upper range is too high
CATFISH	ND to 0.31	OK to eat a few times a year
CARP	ND to 0.27	GOOD (eat up to once a month)
COD	ND to 0.98	Most low but some high =Bad Guess
CLAMS	ND to 0.028	AMONG THE LOWEST IN MERCURY ✓
CRAB, Blue	0.02 to 0.50	OK to eat a few times a year
CRAB, Dungeness	0.02 to 0.48	OK to eat a few times a year
CRAB, Tanner	ND to 0.38	Better than the crabs above
CRAB, King	0.02 to 0.24	GOOD + Currently the best crab
FLOUNDER & SOLE (also called Flat Fish)	ND to 0.21	Excellent choice
HADDOCK	ND to 0.19	Excellent choice
HAKE	ND to 0.38	OK to eat a few times a year
HERRING	ND TO 0.56	Since few samples tested high GOOD+
HALLIBUT	ND to 1.5	Bad Guess upper range is too high
GROUPER	0.006 to 1.2	Bad Guess upper range is too high
LOBSTER (various species)	ND to 0.25	Good
Mackerel (Pacific only)	0.03 to 0.19	Very Good
Mackerel (Gulf of Mexico and Atlantic)	0.07 to 1.5	Bad Guess upper range is too high
King Mackeral	SAME AS ABOVE	Bad Guess upper range is too high
MAHI MAHI	0.11 to 0.21	Excellent choice
MARLIN	0.11 to 0.92	Bad Guess upper range is too high
MONKFISH	0.10 to 0.29	Good
ORANGE ROUGHY	0.26 to 1.12	DO NOT EAT
OYSTERS	ND to 0.25	GOOD (eat up to once a month)
PERCH (Fresh Water only)	ND to 0.325	Good
PERCH (Ocean)	ND to 0.578	OK to eat a few times a year
PICKEREL	No recent report	Don't Eat due to lack of information
POLLACK	ND to 0.78	Bad Guess upper range is too high
SABLE	0.09 to 1.0	Bad Guess upper range is too high
SHEEPSHEAD	ND to 0.17	Excellent choice
SKATE	0.04 to 0.36	Good okay for a few times a year
SALMON (I will only eat wild caught fish)	ND to 0.19	Excellent choice
SCALLOPS	ND to 0.03	AMONG THE LOWEST IN MERCURY ✓
SARDINES	ND to 0.08	AMONG THE LOWEST IN MERCURY ✓
SHRIMP (only wild caught is low in chemicals)	ND to 0.05	AMONG THE LOWEST IN MERCURY ✓
SHARK	0.05 to 4.54	DO NOT EAT !!!
SQUID	ND to 0.07	AMONG THE LOWEST IN MERCURY ✓
SNAPPER (Red)	ND to 1.36	Bad Guess upper range is too high
SWORDFISH	ND to 3.22	DO NOT EAT !!!
TILEFISH	0.65 to 3.70	DO NOT EAT !!!
TILAPIA (I don't eat since the're farm raised)	ND to 0.084	AMONG THE LOWEST IN MERCURY ✓
TROUT	ND to 0.68	Bad Guess unless from small fish
TUNA Albacore	ND to 0.76	Bad Guess unless from small fish
TUNA (AHI)	ND to 1.20	Bad Guess unless from small fish
Tuna YELLOFIN	0.12 to 2.46	DO NOT EAT
WEAKFISH	ND to 0.78	Bad Guess
WHITEFISH	ND to 0.31	Good okay for a few times a year
WHITING	ND to 0.96	AMONG THE LOWEST IN MERCURY ✓

Obviously, the lower the mercury level the better, and since you will most likely not have your fish lab-tested before you eat it, the toxicity level is always a bit of an unknown. I am aware that I have chosen somewhat arbitrary boundaries between my categories but I did the best I could to give you something to use as a reference. Some experts I know personally such as Hal Huggins, DDS, state that anyone who cares about their future health should consume no fish! I find that almost everything we do in life exposes us to poisons. In most scenarios you absorb more toxic substances in your soaps, shampoos, toothpastes, body lotions, household cleaners, carpeting, copier lubricants, etc. than you do in the portion of otherwise healthy fish whose mercury is below 0.23 ppm. If you keep exposing yourself to toxins via all of these sources, fish may not be your highest risk source of poisoning.