



\* Eat Albacore  
("white") Tuna  
only once per week.

**Eat 2 Meals per Week of a  
Variety of Seafood Lower  
in Mercury, such as:**

**Canned Light Tuna\***  
Catfish • Pollock  
Salmon • Shrimp

*(See Reverse)*



**Due to High Mercury Levels,  
Women of Childbearing Age  
and Children Should Not Eat:**

**King Mackerel  
Shark • Swordfish • Tilefish**

For more information, see reverse and visit  
[www.epa.gov/waterscience/fish](http://www.epa.gov/waterscience/fish)

