

But What Fish Can I Eat?

Despair not, fish lovers! Plenty of varieties of seafood are safe to eat, and many others can be enjoyed from time to time. For more precise guidance—especially for women who are or may soon become pregnant—consult an online mercury calculator such as the one at gotmercury.org. You might also want to check the fish advisory for your particular state at epa.gov/ost/fish. The figures below indicate mean mercury levels in parts per million.

