

# Women of Childbearing Age and Children Avoid Fish High in Mercury

## OCEAN FISH

## FRESHWATER FISH



**Bowfin**



**Wild catfish**



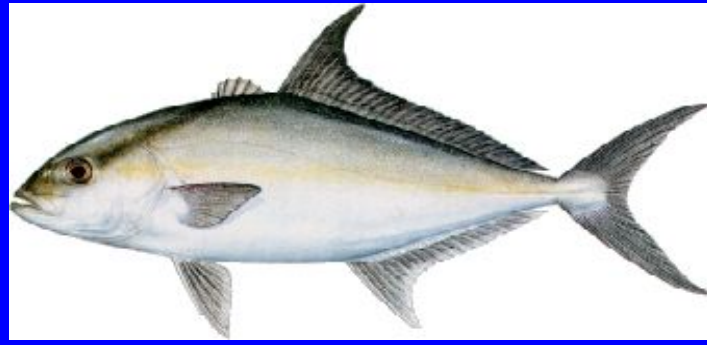
**Chain Pickerel**



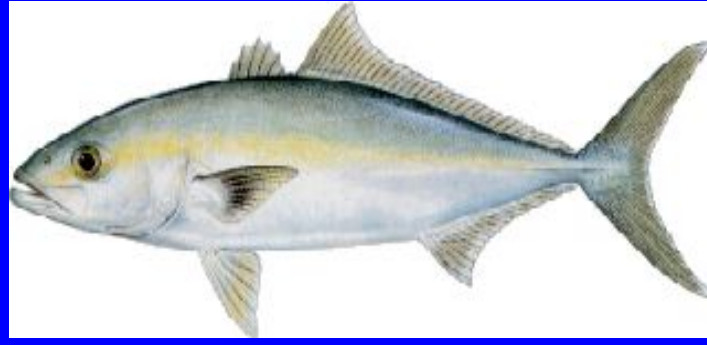
**Warmouth**



**Largemouth  
bass**



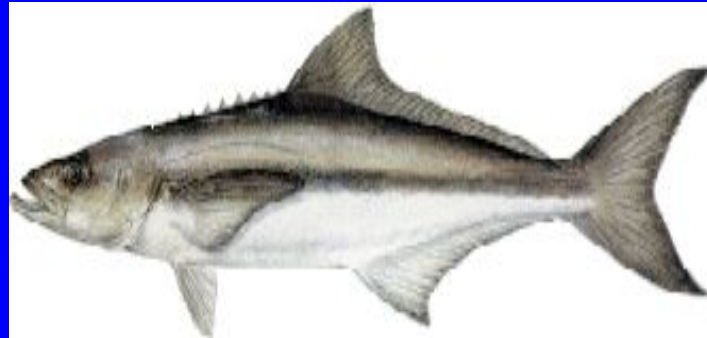
**Almaco Jack**



**Banded rudderfish**



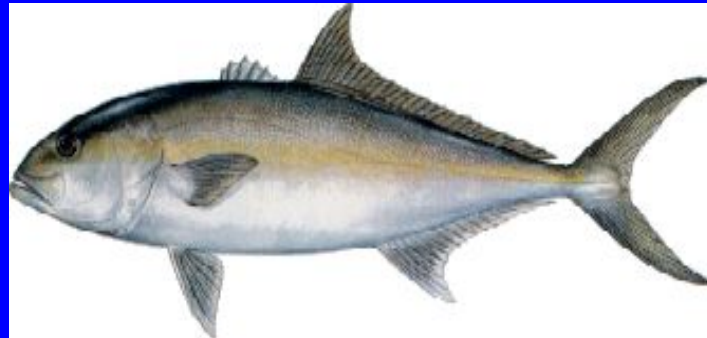
**Canned white tuna**



**Cobia**



**Crevalle jack**



**Greater amberjack**



**Grouper**



**King mackerel**



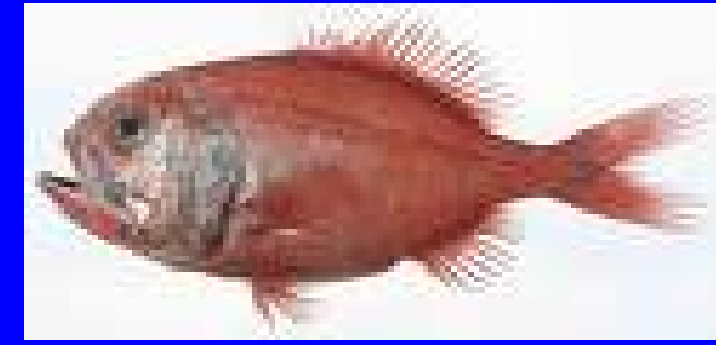
**Ladyfish**



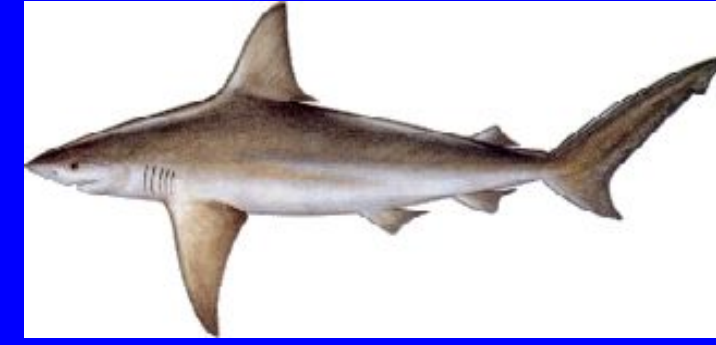
**Little tunny**



**Marlin**



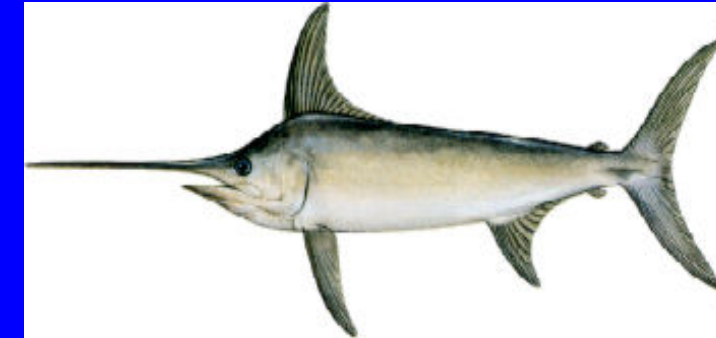
**Orange Roughy**



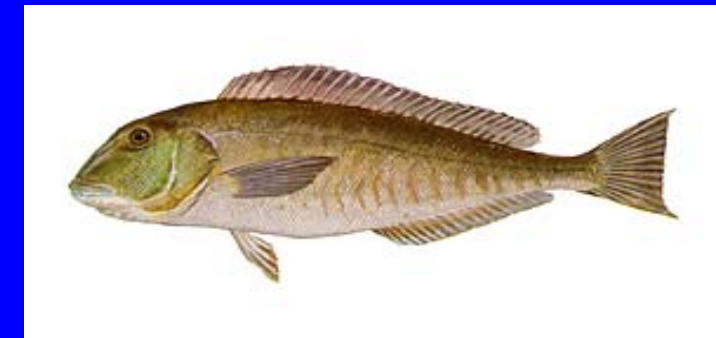
**Shark**



**Spanish mackerel**



**Swordfish**

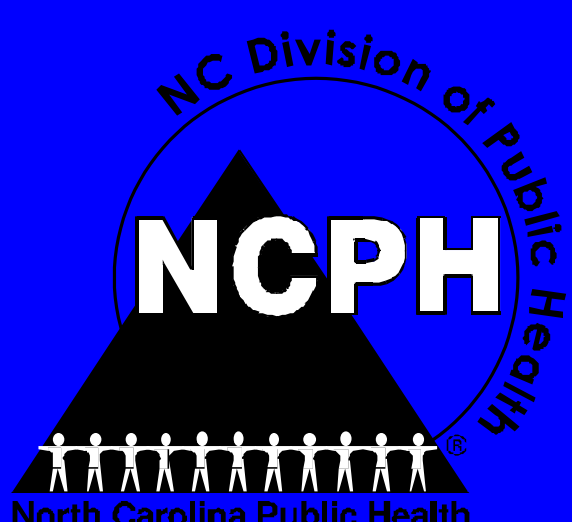


**Tilefish**



**Tuna**

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# Women of Childbearing Age and Children Eat Fish Low in Mercury

## FRESHWATER FISH



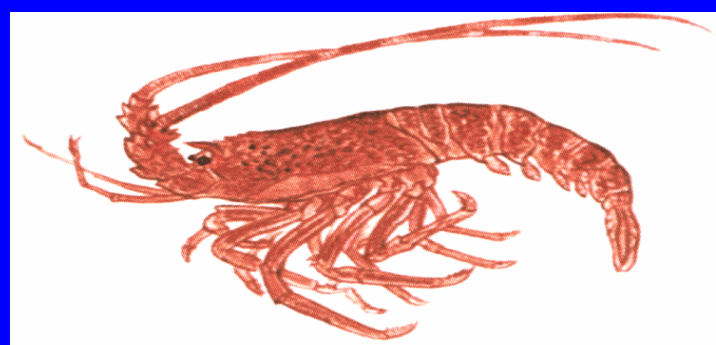
Bluegill sunfish



Farm-raised catfish



Farm-raised trout



Farm-raised crayfish



Tilapia



Trout

## OCEAN FISH



Black drum



Canned light tuna



Cod



Crab



Croaker



Flounder



Haddock



Halibut



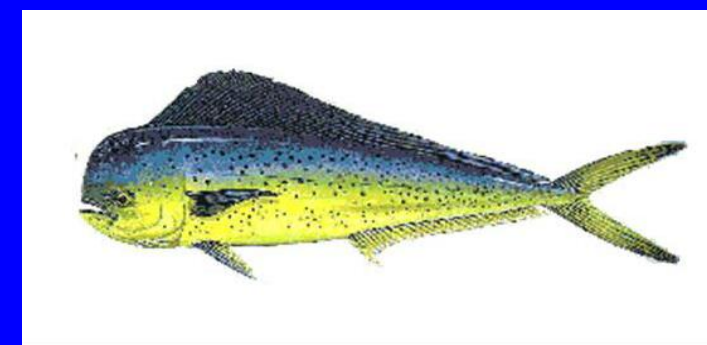
Herring



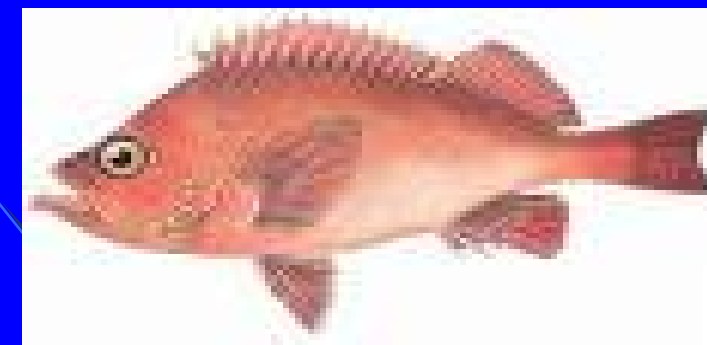
Jacksmelt



Lobster



Mahi-mahi



Ocean perch



Oysters



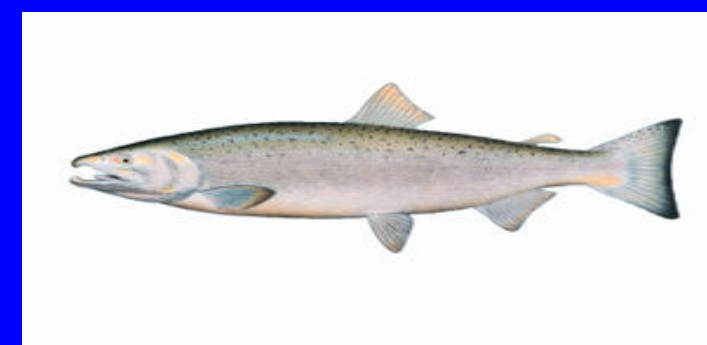
Pollock



Pompano



Red drum



Salmon



Scallops



Sheepshead



Shrimp



Skate



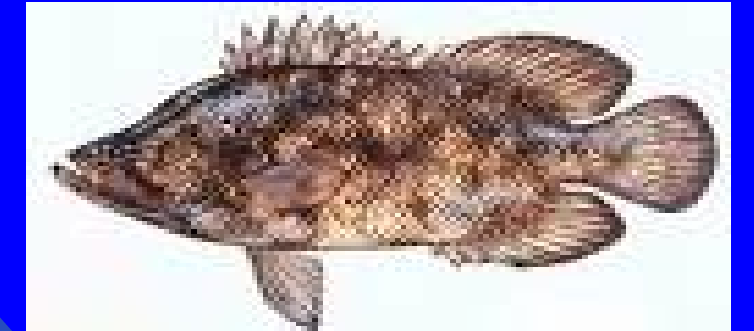
Southern Kingfish



Spot



Speckled trout



Tripletail



Whitefish



White grunt

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