

## Mercury

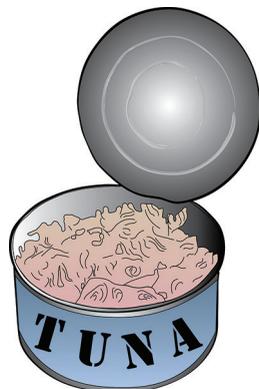
Mercury naturally occurs throughout nature. While it can be found in Seafood, most contain levels that pose little to no health risk when eaten in moderation.

### Low Mercury

- Shrimp
- Pollock
- Salmon
- Canned Light Tuna
- Tilapia
- Catfish
- Cod

### High Mercury

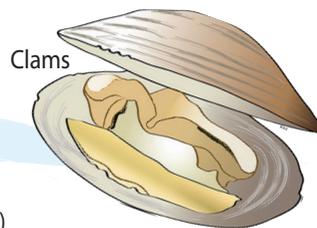
- Tilefish
- Shark
- Swordfish
- King Mackerel



Always be on the lookout for local and EPA advisories. By eating a diverse seafood diet you can be sure to obtain the health benefits and avoid any unnecessary risks.

## PCB's

- High levels of polychlorinated biphenyls (PCB's) can be found in recreationally caught fish
- The Environmental Protection Agency (EPA) monitors contaminants in the water
- Be sure to check out local advisories at [fishadvisoryonline.epa.gov](http://fishadvisoryonline.epa.gov)
- You can also take extra precautions to limit PCB consumption by:
  - Removing the skin
  - Trimming the fat



## Sodium (Salt)

### High (>1000mg/100g)

- Clams
- Crab (Alaska King)

### Medium (500-1000mg/100g)

- Scallops
- Crab (Queen)
- Shrimp

### Low (300-500mg/100g)

- Lobster
- Octopus
- Pollock (Alaska)
- Crab (Blue and Dungeness)
- Cod (Pacific)
- Flatfish

All values were measured on cooked samples (Dry or moist heat). Don't see your favorite seafood? Check out the USDA National Nutrient Database at [ndb.nal.usda.gov](http://ndb.nal.usda.gov) for nutrition information on all your favorite foods.

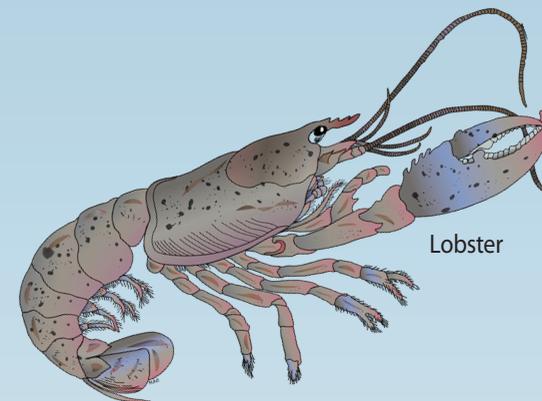
For more info and additional resources visit [www.seafoodhealthfacts.org](http://www.seafoodhealthfacts.org)



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# Seafood and You

## What's in it?

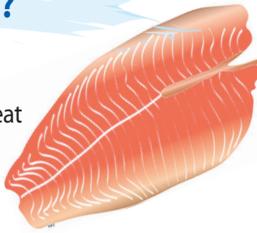
## Should I eat it?



[www.nyseagrant.org/seafood](http://www.nyseagrant.org/seafood)

## Should I eat Seafood?

- Yes!
- The FDA recommends you eat 8-12 oz. of fish per week
- It is low in Calories and Saturated Fat
- Promotes growth and neurodevelopment



### Great Source of:

- Omega-3 fatty acids
- Phosphorus
- High-quality protein
- Calcium
- Selenium
- Iodine

## Omega – 3's

### Why Omega-3's?

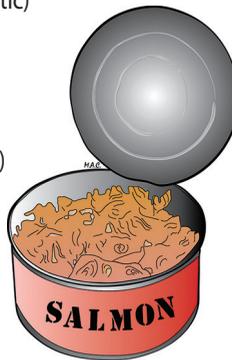
- Good for blood pressure
- Enhances cognitive development
- Improves cardiovascular health

### High (>1g/100g)

- Herring
- Mackerel (Spanish, Pacific, Jack)
- Salmon (King, Pink, Atlantic)
- Tuna (Bluefin)
- Whitefish

### Medium (0.5–1g –100g)

- Bass (Striped, Freshwater)
- Salmon (Chum, Sockeye)
- Trout (Rainbow, mxed)
- Pollock (Alaska, Atlantic)
- Blue mussel
- Eastern Oyster



All values represent as grams (g) per 3 oz. cooked portion.

## Cholesterol

### High (>200mg/100g)

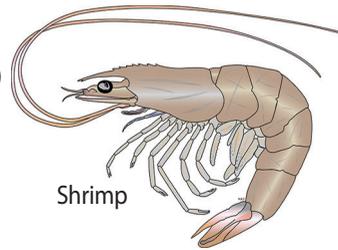
- Shrimp
- Cuttlefish
- Squid
- Caviar

### Medium (100-200mg/ 100g)

- Northern Lobster
- Perch
- Walleye
- Sea Trout
- Striped Bass

### Low (<100mg/100g)

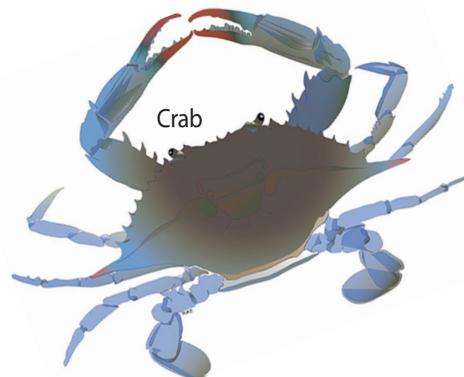
- Haddock
- Catfish
- Mahi-mahi
- Swordfish
- Salmon
- Seabass
- Cod



Shrimp

All values were measured on cooked samples (dry or moist heat).

Although some fish have “high” cholesterol levels, the 2015-2020 USDA dietary guidelines removed the recommendation for dietary cholesterol intake as there is currently little evidence linking dietary cholesterol to increased blood cholesterol.



Crab

## Diversify Your Seafood Diet

Remember that not all fish are created equal. Nutritional composition will differ among different species and harvest areas. Diversity in the foods you eat is key to a balanced diet. Diversity in your diet will also reduce your exposure to a variety of contaminants, which can be present in all foods at low levels.

**There are many delicious and nutritious seafood options. Let's see if you can try them all!**

**Here are just a few of your options:**

