

Mercury Levels in Fish

From the American Pregnancy Association

<http://www.americanpregnancy.org/pregnancyhealth/fishmercury.htm>

<p>Highest Mercury <i>Avoid Eating!</i></p> <p>Grouper Marlin Orange roughy Tilefish Swordfish Shark Mackerel (King)</p>	<p>High Mercury <i>Eat no more than three 6oz. servings per month</i></p> <p>Bass Saltwater Croaker Halibut Tuna (canned, white albacore) See tuna chart Tuna (fresh, bluefin) Sea Trout Bluefish Lobster (American/Maine)</p>																										
<p>Lower Mercury <i>Eat no more than six 6oz. servings per month</i></p> <p>Carp Mahi Mahi Crab (Dungeness) Snapper Crab (blue) Herring Crab (snow) Monkfish Perch (freshwater) Skate Cod Tuna (canned, chunk light) Tuna (fresh Pacific albacore)</p>	<p>Lowest Mercury <i>Enjoy two 6 oz. servings per week</i></p> <table border="0"> <tbody> <tr> <td>Anchovies</td> <td>Herring</td> </tr> <tr> <td>Butterfish</td> <td>Lobster (spiny/rock)</td> </tr> <tr> <td>Calamari (squid)</td> <td>Shad</td> </tr> <tr> <td>Caviar (farmed)</td> <td>Sole</td> </tr> <tr> <td>Crab (King)</td> <td>Crawfish/crayfish</td> </tr> <tr> <td>Pollock</td> <td>Salmon</td> </tr> <tr> <td>Catfish</td> <td>Shrimp</td> </tr> <tr> <td>Whitefish</td> <td>Clams</td> </tr> <tr> <td>Perch (ocean)</td> <td>Tilapia</td> </tr> <tr> <td>Scallops</td> <td>Oysters</td> </tr> <tr> <td>Flounder</td> <td>Sardines</td> </tr> <tr> <td>Haddock</td> <td>Sturgeon (farmed)</td> </tr> <tr> <td>Hake</td> <td>Trout (freshwater)</td> </tr> </tbody> </table>	Anchovies	Herring	Butterfish	Lobster (spiny/rock)	Calamari (squid)	Shad	Caviar (farmed)	Sole	Crab (King)	Crawfish/crayfish	Pollock	Salmon	Catfish	Shrimp	Whitefish	Clams	Perch (ocean)	Tilapia	Scallops	Oysters	Flounder	Sardines	Haddock	Sturgeon (farmed)	Hake	Trout (freshwater)
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Soft Cheeses to Avoid During Pregnancy

Imported soft cheeses may contain bacteria called Listeria, which can cause miscarriage. Listeria has the ability to cross the placenta and may infect the baby leading to infection or blood poisoning, which can be life-threatening. Avoid soft cheeses such as: Brie, Camembert, Roquefort, Feta, Gorgonzola and Mexican style cheeses that include queso Blanco and queso Fresco, unless they clearly state they are made from pasteurized milk. All soft non-imported cheeses made with pasteurized milk are safe to eat.