

List of Fish Species

Eat a variety of fish

For more information please visit www.toronto.ca/health

* A serving size may not be the same size as the portion you use in a meal. One Canada's Food Guide Serving is 75 grams or 2.5 ounces or about half a cup.

♥ High omega-3 fats (Good for your heart)

⚠ Fish that may be caught or farmed in a way that is harmful to the environment (www.seachoice.org)

Safe to Eat Every Day (Very Low Mercury)

- 1 serving* a **day** for children
- 2 servings* a **day** for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- Unlimited servings* for men, teenage boys and women 50+

Basa

Capelin

Kamaboko (Fish cake, processed white fish)

Milkfish

Octopus

Oysters

Pollock (Boston Bluefish)

♥ Salmon, canned

♥ Salmon (Chum, Coho, Pink, wild Pacific)

Sea Urchin

Silver Pomfret

Tilapia


Safe to Eat Often (Low Mercury)

- 2 servings* a **week** for children
- 4 servings* a **week** for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- Unlimited servings for men, teenage boys and women 50+

♥ Anchovies (fresh/frozen)


♥ Arctic Char

♥ Atlantic Mackerel

Barracouta Not to be confused with Barracuda – Avoid or Eat Rarely
Clams
Cockle, Greenland
Grass Carp
Hake (White, Pacific)
♥ Herring
Lingcod
Mussels (Blue)
Plaice, Canadian
Porgie
Pumpkinseed
Quahog (Hardshell Clam)
Rockfish
♥ Salmon (Chinook, Sockeye, Steelhead)
♥ Sardines
Sea Cucumber
Shad, American
Shiner
Smelt (Atlantic, Lake)
Sole (Dover, Petrale)
Squid
♥ Trout, Rainbow
Tuna, Canned Light (Skipjack, Tongol, Yellowfin)
Whelk
 Eco Unfriendly
Atlantic Cod
Flounder (Flatfish)
Haddock
♥ Salmon (Atlantic, Farmed)
Scallops
Shrimp/Prawns

Safe to Eat Sometimes (Medium Mercury)

- 1-2 servings* a **month** for children
- 2-4 servings* a **month** for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- 4 servings* a **week** for men, teenage boys and women 50+

Amberjacks
Bass, Striped
Black Pomfret
Bullhead, Brown
Carp
Catfish
Crabs
Crawfish
Croaker, Atlantic
Cusk (Brismark, Moonfish)
Drum, Freshwater
Eel
Halibut
Jack (Blue Runner, Crevalle/Common)
Jackfish
♥ Kingfish (King Mackerel, Spanish Mackerel)
Lake Whitefish
Lobster
Mahi Mahi (Dolphin Fish)
Maria (Burbot; Ling)
Monkfish
Mullet, Common
Perch (White, Yellow)
Redfish
Sablefish (Black Cod)
Skate
Sturgeon (Lake, White)
♥ Trout (Lake, Various Species)
Tuna steak (Albacore, White)
Tuna steak (Skipjack, Yellowfin)
Tuna, Canned White (Albacore)
Turbot
Wahoo
Whiting
 Eco Unfriendly
Atlantic Halibut
Bluefin Tuna Steak
Grouper
Red Snapper

Avoid or Eat Rarely (High Mercury)

- Less than 1 serving* a **month** for children
- Less than 1 serving* a **month** for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- No more than 1 serving* a **week** for men, teenage boys and women 50+

⊖ Not high in mercury but high in PCBs

Barracuda

⊖ Buffalo

♥ Escolar (Snake Mackerel)

Marlin

⊖ Pickerel (Pike, Sauger, Walleye, Yellow Pickerel, Zander)

Tilefish

Tuna, steak (Various species, Bigeye)



Eco Unfriendly

Orange Roughy

Sea Bass (Patagonian Toothfish)

Shark

Swordfish

References

- ¹ Canadian Food Inspection Agency (CFIA) mercury data reported in Health Canada. 2007. http://www.hc-sc.gc.ca/fn-an/pubs/merc/merc_risque_strat_e.html Human Health Risk Assessment of mercury in fish and health benefits of fish consumption. http://www.hc-sc.gc.ca/fn-an/pubs/merc/merc_fish_poisson_e.html. Additional mercury data were obtained from Health Canada for the sampling years 1999-2007.
- ² Del Gobbo LC, Archbold JA, Vanderlinden LD, Eckley CS, Diamond ML and Robson M. 2010. Risks and benefits of fish consumption for childbearing women. Canadian Journal of Dietetic Practice and Research. 71(1):41-45.
- ³ United States Food and Drug Administration (US FDA). <http://www.cfsan.fda.gov/%7Efrf/sea-mehg.html>. Accessed July 2007.