

# List of Fish Species

## *Eat a variety of fish*

For more information please visit [www.toronto.ca/health](http://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](http://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

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|---|
| Barracouta<br><b>Not to be confused with Barracuda – Avoid or Eat Rarely</b>                              |
| 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   |
|  <b>Eco Unfriendly</b> |
| 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

- <sup>1</sup> Canadian Food Inspection Agency (CFIA) mercury data reported in Health Canada. 2007. [http://www.hc-sc.gc.ca/fn-an/pubs/mercur/risk-risque\\_strat\\_e.html](http://www.hc-sc.gc.ca/fn-an/pubs/mercur/risk-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/mercur/merc\\_fish\\_poisson\\_e.html](http://www.hc-sc.gc.ca/fn-an/pubs/mercur/merc_fish_poisson_e.html). Additional mercury data were obtained from Health Canada for the sampling years 1999-2007.
- <sup>2</sup> 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.
- <sup>3</sup> United States Food and Drug Administration (US FDA). <http://www.cfsan.fda.gov/%7Efrf/sea-mehg.html>. Accessed July 2007.