


# Safe Eating Guidelines for Shellfish and Ocean Fish

FISH	LIMITS
*Striped bass and bluefish	• For everyone, 2 meals per month
* Swordfish, shark, tilefish, and king mackerel	• For pregnant and nursing women, women who may get pregnant, and children under 8, NO fish meals • For all others, 2 meals per month
*Canned tuna (6 oz. size) "white" tuna has more mercury than "light" tuna.	• For pregnant and nursing women, women who may get pregnant, and children under 8, 1 can of "white" or 2 cans of "light" tuna per week • For all others, no limits as part of a balanced diet
*All other ocean fish and shellfish, including canned fish and shellfish 	• For pregnant and nursing women, women who may get pregnant, and children under 8, 2 meals per week • For all others, no limits as part of a balanced diet

**\*\*You can mix and match fish with limits but stick to the lowest weekly or monthly limit. Do not add limits! For questions or more information call 827-7776.**