

❖ Learn More

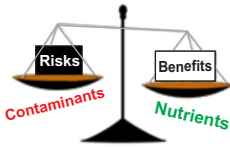
- A. Mercury concentrations can increase slightly upon **cooking of seafood**.
- B. If you avoid eating fish, you are not taking advantage of the nutritional benefits of fish.
- C. **Omega-3 fatty acids** are important nutrients in fish. Cardiac societies recommend the intake of 1 gram of omega-3 fatty acids daily to reduce the risk of cardiovascular disease.

These recommendations are provided through a grant to Virginia Institute of Marine Science from Virginia Sea Grant.

June 2013

3

❖ Why Is Seafood Consumption a Concern?

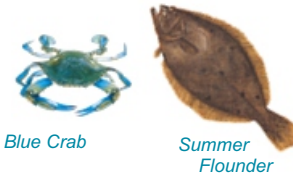


❖ Balancing Risks & Benefits

1. **Which species to eat?**
 - Low mercury level (page 4, 5);
 - Mercury levels in shellfish are often lower than those in many finfish;
 - Avoid eating predatory fish like shark.
2. **How much to eat?** EPA recommends that women of child bearing age and young children may eat up to 12 ounces (2 meals) weekly of a variety of seafood items that are low in mercury.

2

MERCURY in SEAFOOD



Blue Crab

Summer Flounder

Virginia & Lower Chesapeake Bay SEAFOOD GUIDE



1

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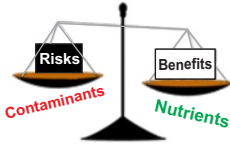
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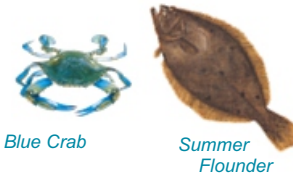


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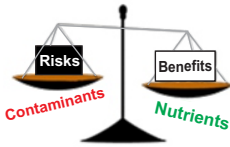
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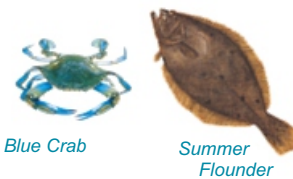


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The human health screening value is 0.3mg/kg for mercury in fish

BEST CHOICES Mercury level Below 0.3mg/kg		GOOD ALTERNATIVES Mercury level About 0.3mg/kg
<ul style="list-style-type: none"> Blue crab *Catfish Cod *Eel Mussels *Perch Sardine *Sea trout *Spot Tilapia Tuna (canned, light) Whiting 	<ul style="list-style-type: none"> Butterfish Clam *Croaker *Flounders Oyster Porgie Scallop Shrimp Squid 	<ul style="list-style-type: none"> Crab cake Lobster Salmon (fresh) Snapper *Striped bass Tuna (fresh)
		AVOID Mercury level Above 0.3mg/kg
		<ul style="list-style-type: none"> King Mackerel Sharks Tilefish Tuna (canned, white)

4

5

6

KEY

*Items caught from Virginia waters.

Items with no * were purchased primarily through Virginia stores and markets.

INFORMATION SOURCES

Xu, X et al. 2013. *Arch. Environ. Contam. Toxicol.* DOI 10.1007/s00244-013-9917-1.
 Holloman, EL et al. 2012. *Sci. Total Environ.* 416:111-120.
 VA Department of Environmental Quality. Fish Tissue Analysis of Metals, 2008.
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