



## Concerned About Mercury in Fish?

Safe Fish Consumption for Mothers, Women of Child-bearing age, and Children in Montana for tuna, lake fish, and salmon

### TUNA

In general, canned light tuna tends to have much less mercury in it than canned white albacore tuna. Use the following chart to determine how often you should eat it.

Your weight in pounds	Frequency a Person Can Safely Eat a 6-Ounce Can of Tuna	
	White Albacore	Chunk Light
55	1 can/3 weeks	1 can/9 days
110	1 can/12 days	1 can/5 days
132	1 can/10 days	1 can/4 days
154	1 can/9 days	1 can/3 days
176	1 can/week	1 can/3 days
198	1 can/week	1 can/3 days
220	1 can/6 days	A can/2 days

Source: Chart from NRDC. See more results at:  
[http://www.nrdc.org/health/effects/mercury/tuna.asp?gclid=CMv2we264oYCFRFkDgod43HE\\_Q](http://www.nrdc.org/health/effects/mercury/tuna.asp?gclid=CMv2we264oYCFRFkDgod43HE_Q)

### SPORT-CAUGHT LAKE FISH



The Montana Department of Public Health & Human Services and Montana Fish Wildlife & Parks recommend that women of childbearing age should **avoid eating all lake trout, northern pike, and walleye over 15 inches in length, and that they should limit their intake of other lake fish caught in Montana.**

For more information on fish consumption guidelines for specific Montana lakes, read the report at:

<http://fwp.state.mt.us/FwpPaperApps/fishing/fishconsumption.pdf>



### SALMON

Salmon is a low-mercury option for eating fish. The Food and Drug Administration (FDA) recommends eating up to 12 ounces, or about two (2) meals per week. It is always best to eat wild-caught salmon rather than farm-raised salmon. Studies have shown farm-raised salmon to have significantly higher concentrations of PCBs, dioxins, and other chemicals than wild-caught salmon. To avoid exposure to these chemicals, avoid eating farmed-raised salmon. Read the report at:

<http://albany.edu/ihe/salmonstudy/summary.html>