Women of Childbearing Age and Children Avoid Fish High in Mercury

FRESHWATER FISH

- Bowfin
- Wild catfish
- Chain Pickerel
- Warmouth
- Largemouth bass

OCEAN FISH

- Almaco Jack
- Banded rudderfish
- Canned white tuna
- Cobia
- Crevalle jack
- Greater amberjack
- Grouper
- King mackerel
- Ladyfish
- Little tunny
- Marlin
- Orange Roughy
- Shark
- Spanish mackerel
- Swordfish
- Tilefish
- Tuna

Prepared by
Dr. Luanne K. Williams
NC Division of Public Health
Luanne.Williams@ncmail.net
919-707-5912