# Women of Childbearing Age and Children Eat Fish Low in Mercury

## FRESHWATER FISH
- Bluegill sunfish
- Farm-raised catfish
- Farm-raised trout
- Farm-raised crayfish
- Tilapia
- Trout

## OCEAN FISH
- Black drum
- Canned light tuna
- Cod
- Crab
- Croaker
- Flounder
- Haddock
- Halibut
- Herring
- Jacksmelt
- Lobster
- Mahi-mahi
- Ocean perch
- Oysters
- Pollock
- Pompano
- Red drum
- Salmon
- Scallops
- Sheepshead
- Shrimp
- Spot
- Speckled trout
- Tripletail
- Whitefish
- White grunt

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