

Florida Fish Consumption Guide for Mercury

For Children & Women of Child-Bearing Age

EATING FISH FROM HILLSBOROUGH COUNTY WATERS

Eating fish is an important part of a healthy diet. However, most Florida seafood contains low to medium levels of mercury. For most people, the risk of eating fish exposed to mercury is not a health concern. However, developing fetuses and young children are more sensitive to the harmful effects mercury has on the brain than other people. As a result, women of child-bearing age and young children should eat less fish than all others to avoid the higher health risks.

Fish Located in Hillsborough County Coastal Waters

King Mackerel, Shark, Blackfin Tuna, Cobia, Little Tunny

Almaco Jack, Atlantic Stingray, Black Grouper, Bluefish, Bonefish, Crevalle Jack, Gafftopsail Catfish, Gag Grouper, Greater Amberjack, Great Barracuda, Gulf Flounder, Ladyfish, Lane Snapper, Mutton Snapper, Pinfish, Red Drum, Red Grouper, Sand Seatrout, Scamp, Sheepshead, Silver Perch, Skipjack Tuna, Snook, Snowy Grouper, Spanish Mackerel, Spotted Seatrout, Wahoo, White Grunt, Yellow-edge Grouper, Yellowfin Tuna

Atlantic Croaker, Atlantic Spadefish, Atlantic Thread Herring, Atlantic Weakfish, Black Drum, Bluntnose Stingray, Dolphin, Fantail Mullet, Florida Pompano, Gray Snapper, Hardhead Catfish, Hogfish, Lookdown, Pigfish, Red Snapper, Southern Flounder, Spot, Striped Mullet, Striped Mojarra, Tarpon, Tripletail, Vermilion Snapper, White Mullet, Yellowtail Snapper

FISH CONSUMPTION COLOR CODE

-  High Risk - Do Not Eat
-  Moderate Risk - One Per Month
-  Moderate to Low Risk - One Per Week

EATING FISH FROM COMMERCIAL, UNTESTED OR UNKNOWN SOURCES

Some fish you eat may not have been caught from water bodies tested for mercury. In cases where women of child-bearing age and young children do not know if the fish has been tested, or when it has been purchased from a store or restaurant, they should:

- *Not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury*
- *Eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury. Commonly eaten seafoods that are low in mercury include Shrimp, canned Light Tuna, Salmon, Pollock, and Catfish or*
- *Only eat one 6 ounce meal per month of Largemouth Bass, Bowfin and Gar or*
- *Eat up to 6 ounces of Albacore Tuna per week and a second meal of a fish low in mercury, since Albacore ("White Tuna") has more mercury than canned Light Tuna or*
- *Eat up to 6 ounces of fish per week from local water bodies not listed in the charts*

Fish Located in Hillsborough County Fresh Water Bodies

Gadsden Park, Lake Wilson & Hillsborough River

Largemouth Bass, Bowfin, Gar

Alafia River & Little Manatee River

Largemouth Bass, Bowfin, Gar

Lake Thonotosassa & Edward Medard Reservoir

Largemouth Bass, Bowfin, Gar

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For additional information and for consumption guidelines for all other individuals, please visit: <http://doh.state.fl.us/floridafishadvice> or call (813) 307-8059

