

Increasing levels of omega-3 fatty acids DHA and EPA

Increasing levels of mercury

3 milligrams/gram

8 mg/g

15 mg/g

0.1 microgram/gram

Cod

Catfish

Haddock

Sole

Tilapia

Oysters

Clams

Scallops

Flatfish

Ocean perch

Mullet

Squid

Mussels

Smelt

Salmon

Redfish

Crab (claws and legs)

Mackerel

Anchovy

Herring

Sardine

Rainbow trout

Crab (body meat)

Cod liver oil

0.5 µg/g

Grouper

Hake

Grenadier

Nile perch

Skate, ray

Snapper

American lobster

Yellowfin tuna

Freshwater bass

Carp

Freshwater perch

Albacore tuna

Norway lobster

Spiny lobster

Saltwater bass

Bluefish

Sea bass

Halibut

Horse mackerel

Skipjack tuna

Atlantic tilefish

Eel

Pacific mackerel

Sablefish

1.0 µg/g

Marlin

Bigeye tuna

Orange roughy

Shark

King mackerel

Swordfish

Alfonsino

Pacific bluefin tuna