

Choose Fish Low in MERCURY

Mercury in fish can harm your family. Even small amounts of mercury can damage a brain that is starting to form or grow. Pregnant and nursing women and children under 8 should not eat fish high in mercury.

Want more information? Call us toll-free at 866-292-3474 or visit our website at: <http://www.maine.gov/dhhs/eohp/fish/>

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Fish You Buy

Atlantic Salmon



Shellfish



Flatfish & Flounder



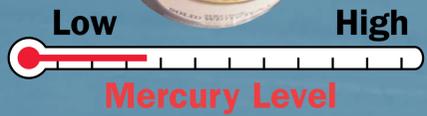
Hake, Haddock, Pollock, Cod



Canned 'Light' Tuna



Canned 'White' Tuna



Tuna



Halibut



Swordfish

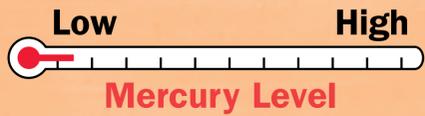


Shark

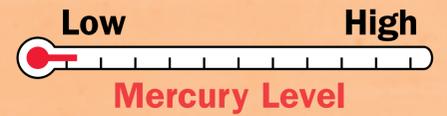


Fish You Catch

Atlantic Mackerel



Atlantic Smelt



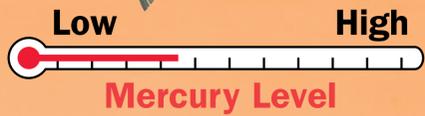
Brook Trout



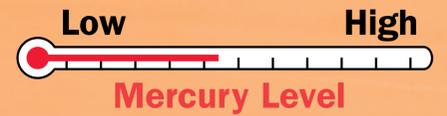
Landlocked Salmon



Striped Bass



Brown Trout



Togue (Lake Trout)



White Perch



Bass

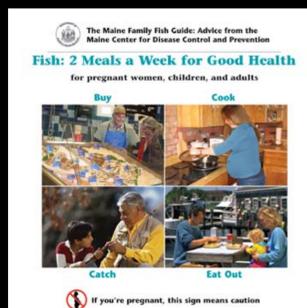


Pickerel



Fish is good for you -
Eat fish low in mercury!

Ask for The Maine Family Fish Guide.



Maine CDC
Environmental and Occupational Health Programs
Toll free 866-292-3474