

Sensitive populations: Children under age 15; girls, women, and people age 15 and older who may become pregnant, people who are pregnant, people who are breastfeeding or plan to breastfeed

Table: Purchased Fish Consumption Guidelines (species that can be purchased from stores or restaurants)

2 Servings per Week	1 Serving per Week	1 Serving per Month	Avoid These (Do Not Eat)
Catfish (farm-raised)	Canned “light” tuna	Canned “white” (albacore) tuna	Swordfish
Cod	Halibut	Chilean seabass	King Mackerel
Herring+	--	Grouper	Big Eye Tuna
Mackerel (Atlantic)+	--	Marlin	--
Pollock	--	Tuna (steak or fillet)	--
Salmon (Atlantic or Pacific; not Great Lakes)+	--	--	--
Sardines+	--	--	--
Shellfish (such as crab, oysters, scallops, shrimp)	--	--	--
Tilapia	--	--	--
Fish sticks and sandwiches	--	--	--

+Higher in Omega-3 fatty acids

Select 1 weekly category every week and do not exceed the total servings (2 or 1) listed for that category

(for example, if the “2 servings per week” category was selected, choosing 2 servings of purchased Atlantic or Pacific Salmon for that week would not exceed that category)

Optionally, add 1 species from any serving category every month

(for example, adding 2 servings of purchased Tilapia or 1 serving of purchased Canned “light” tuna or 1 serving of Minnesota caught Walleye 18 inches or shorter per month)

To learn more about what a serving size is and **for examples of combining purchased and Minnesota caught fish**, visit: [Benefits of Eating Fish and Serving Sizes - MN Dept. of Health \(https://www.health.state.mn.us/communities/environment/fish/guidance/eatingfish.html\)](https://www.health.state.mn.us/communities/environment/fish/guidance/eatingfish.html)

MDH recommends eating purchased fish low in contaminants. Purchased fish listed in the table have been found to be low in mercury according to [EPA-FDA Advice about Eating Fish and Shellfish | US EPA \(https://www.epa.gov/choose-fish-and-shellfish-wisely/epa-fda-advice-about-eating-fish-and-shellfish\)](https://www.epa.gov/choose-fish-and-shellfish-wisely/epa-fda-advice-about-eating-fish-and-shellfish)

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To obtain this information in a different format, call 651-201-4911.