

LOW-MERCURY FISH AND SHELLFISH

VERY LOW	BELOW AVERAGE
<p>Shrimp Sardines Tilapia Oysters & Mussels Clams Scallops Salmon Crayfish Freshwater Trout Ocean Perch & Mullet</p>	<p>Pollock Atlantic Mackerel Anchovies, Herring & Shad Flounder, Sole & Plaice Crabs Pike Butterfish Catfish Squid Atlantic Croaker Whitefish</p>

Source: MercuryFactsAndFish.org, an information resource of the Mercury Policy Project