

Table 1. Mercury levels in 51 varieties of fish and shellfish

<u>Fish/Shellfish Variety</u>	<u>Mercury, $\mu\text{g/g}$</u>			<u>No. Samples</u>
	<u>Mean</u>	<u>Min</u>	<u>Max</u>	
Tilefish, Gulf of Mexico	1.450	0.65	3.73	60
Shark, all varieties	0.988	ND	4.54	351
Swordfish	0.976	ND	3.22	618
Mackerel, king	0.730	0.23	1.67	213
Orange roughy	0.550	0.30	0.86	49
Marlin	0.489	0.10	0.92	16
Grouper, all varieties	0.460	0.05	1.21	43
Tuna, fresh/frozen	0.384	ND	1.30	228
Mackerel, Spanish	0.368	0.05	1.56	109
Tuna, canned albacore	0.353	ND	0.85	399
Bluefish	0.340	0.14	0.63	52
Bass, freshwater	0.318	NA	NA	NA
Lobster, American	0.310	0.05	1.31	88
Croaker, Pacific	0.303	0.18	0.41	15
Bass, saltwater	0.301	ND	2.18	87
Lingcod & scorpionfish	0.286	0.02	1.34	78
Sablefish	0.273	ND	0.70	102
Trout, saltwater	0.269	ND	0.74	39
Halibut	0.220	ND	1.52	46
Carp & buffalofish	0.203	0.01	0.43	6
Haddock, hake & monkfish	0.170	ND	1.02	94
Perch, freshwater	0.162	ND	0.31	6
Skate	0.137	0.04	0.36	56
Snapper, porgy & sheepshead	0.137	ND	1.37	102
Lobster, spiny	0.121	ND	0.27	9
Tuna, canned light	0.118	ND	0.85	347
Cod	0.115	ND	0.42	39
Tilefish, Atlantic	0.111	0.04	0.53	32
Smelt	0.092	0.04	0.50	16
Mackerel, Pacific (Chub)	0.088	0.03	0.19	30
Whitefish	0.075	ND	0.31	28
Croaker, Atlantic	0.073	0.01	0.15	35
Squid	0.070	ND	0.40	200
Catfish	0.068	ND	0.31	23
Butterfish	0.058	ND	0.36	89
Pike	0.056	NA	NA	NA

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Anchovies, herring & shad	0.050	ND	0.34	137
Flatfish (flounder, sole & plaice)	0.050	ND	0.18	23
Crabs, all varieties	0.050	ND	0.61	63
Mackerel, Atlantic	0.049	0.02	0.16	80
Pollock	0.049	ND	0.78	62
Perch, saltwater & mullet	0.040	ND	0.13	197
Trout, freshwater	0.037	ND	0.68	34
Crayfish	0.033	ND	0.05	44
Salmon	0.028	ND	0.19	57
Oysters & mussels	0.023	ND	0.25	38
Clams	0.023	ND	ND	6
Scallops	0.023	ND	0.22	66
Tilapia	0.020	ND	0.07	9
Sardines	0.016	ND	0.04	29
Shrimp	0.012	ND	0.05	24

Data are for total mercury and/or methylmercury; in most cases the two are nearly equivalent (i.e. 90-95 percent of mercury in most fish is methylated). Data are from USFDA (2009), Tables AA-2 and AA-3. Also available online at <http://www.fda.gov/Food/FoodSafety/Product-SpecificInformation/Seafood/>

ND = Not detected (Limit of Detection 0.01 µg/g).

NA = Data not available; FDA has removed freshwater bass and pike from its published database because they are not sold commercially.

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