

Fish Mercury and Omega 3 Levels

Fish	Mercury Content (ppm; ug/g fish)	Omega-3 FA (g/100 g)
	Highest	
Mackerel King	0.73	2
Shark	0.988	
Swordfish	0.976	
Tilefish (Gulf of Mexico)	1.45	
	Higher	
Bass Chilean	0.386	
Grouper (All species)	0.465	
Mackerel, Span Gulf Mexico	0.454	
Marlin	0.485	
Orange Roughy	0.554	
Tuna (Bigeye, Fresh/Frozen)	0.639	1.6
Tuna(Fresh/Frozen)	0.414	1.6
Tuna (Fresh/Frozen) All	0.383	
	Mid range	
Bass (Salt-water, Black, Striped)	0.219	
Bluefish	0.337	1.2
Croaker, white	0.287	
Halibut	0.252	0.47
Lobster, (Amer Northern)	0.31	
Sablefish	0.22	
Scorpion Fish	0.286	
Tuna (Canned, albacore)	0.353	1.5
Tuna (Fresh /froze, albacore)	0.357	
Tuna (Fresh /Frzn, Skip jack)	0.205	
Tuna (Frsh/ Frzn, Yellow tl)	0.325	0.23
Sea Trout	0.256	
	Lower	
Buffalofish	0.19	
Carp	0.14	
Jacksmelt	0.108	
Lobster (specie unknown)	0.169	
Macherel (spanish)	0.182	

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Monkfish		0.18	
Perch		0.14	
Sheepshead		0.128	
Skate		0.137	
Snapper		0.189	
Tilefish (atlan)		0.144	
Tuna, light		0.118	0.23
	Lowest		
ANCHOVIES		0.043	1.4
BUTTERFISH		0.058	
CATFISH		0.049	
CLAM *	ND		0.23
COD		0.095	0.1
CRAB (Blue, Snow, King)		0.06	1.2
CRAWFISH		0.033	0.1
CROAKER ATLANTIC (Atlantic)		0.072	
FLATFISH (flounder, sole)		0.045	
HADDOCK (Atlantic)		0.031	
HAKE		0.014	
HERRING		0.044	1.6
LOBSTER (Spiny)		0.09	0.1
MACKEREL ATLANTIC (N.Atlantic)		0.05	2.6
MACKEREL CHUB (Pacific)		0.088	2
MULLET		0.046	1.1
OYSTER		0.013	0.47
PERCH OCEAN *	ND		0.23
POLLOCK		0.041	0.47
SALMON (CANNED) *	ND		2.3
SALMON (FRESH/FROZEN) *		0.014	2.3
SARDINE		0.016	2.2
SCALLOP		0.05	0.35
SHAD AMERICAN		0.065	
SHRIMP *	ND		0.8
SQUID		0.07	
TILAPIA *		0.01	
TROUT (FRESHWATER)		0.072	1.2
WHITEFISH		0.069	1.5
WHITING	ND		

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Oil		
Flax/Linseed		58
Flax/Linseeds	15-30	
Walnut		11.5
Canola		7
Soybean		7
Wheatgerm oil		5
*Methymercury only; others include other mercury forms		
Note: Except for flax oil, others contain O-6 FA in higher ratio with O- 3 than desirable		