

The Keystone Approach Fish Buying Guide

The Best Fish: High omega-3, low mercury

Fish	DHA + EPA per 100 g	Mercury (ppm)
Salmon, Atlantic, farmed	2.1	0.02
Salmon, Atlantic, wild	1.8	0.05
Salmon, coho, wild	1.1	0.04
Salmon, pink	1.3	0.04
Salmon, sockeye	1.2	0.04
Sardines	1.0	0.08
Farmed trout	1.2	0.03
Mackerel, Atlantic	1.2	0.05
Herring	1.7	0.06

Good Fish: moderate omega-3, low or moderate mercury

Fish	DHA + EPA per 100 g (3.5 oz.)	Mercury (ppm)
Mackerel, chub	1.8	0.1
Sablefish (black cod)	1.8	0.2
Skipjack tuna	0.3	0.2
Tuna, light, canned	0.3	0.1
Tuna, yellowfin, canned	0.3	0.1
Cod, Atlantic	0.12	0.03
Hake	0.5	0.2
Haddock	0.2	0.2
Flounder	0.5	0.1
Halibut, from Greenland	1.2	0.2
Perch	0.3	0.1
Snapper	0.3	0.2
Sole	0.5	0.09

Moderate Mercury (no more than 2–3 times per month)

Fish	Mercury (ppm)
Halibut, Pacific	0.3
Grouper	0.4
Bass, Chilean	0.4
Orange roughy	0.5
Tuna, albacore, canned	0.3
Mackerel, Spanish	0.4

Avoid: High in mercury

Fish	Mercury (ppm)
Marlin	1.5
Mackerel, king	1.1
Swordfish	0.9
Tuna, bluefin	0.8