Eat Fish - Choose Wisely!

Fish is a good source of nutrition. Use this chart to choose fish lower in mercury. Mercury in fish can harm your family (pregnant and nursing women, and children age 6 and younger) should not eat fish containing highest amounts of mercury). Even small amounts can damage a developing brain. Want more information? Call us toll-free at 800-439-8550 or visit our web site at www.mercvt.org.