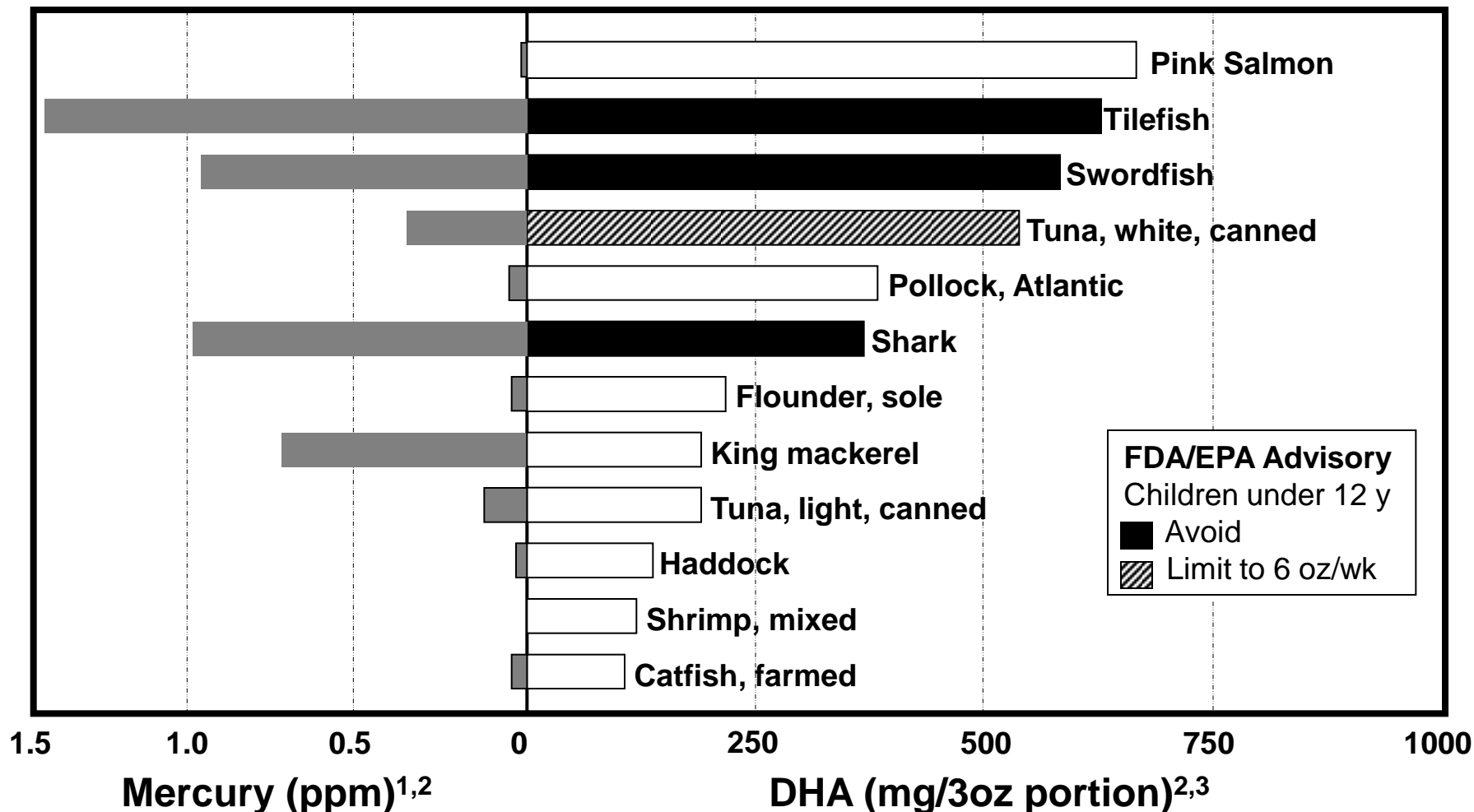


# DHA and Mercury Levels in Selected Fish and Shellfish

Adults can eat up to 12 oz. total fish per week



1. EPA *Mercury Levels in Commercial Fish and Shellfish*. <http://www.cfsan.fda.gov/~frf/sea-mehg.html>.

2. Institute of Medicine <http://www.iom.edu/CMS/3788/23788/37679/37686.aspx>.

3. USDA *National Nutrient Database*. [http://www.ars.usda.gov/main/site\\_main.htm?modecode=12354500](http://www.ars.usda.gov/main/site_main.htm?modecode=12354500).