VITALS VAULT

FREE GUIDE

The fish chooser: best picks and skips

Fish is a strong food for the heart, but some kinds carry more mercury. This chart sorts common fish into best picks and skips so you can choose quickly at the counter.

FISH AT A GLANCE

Best picks (lower mercury)	Skip or be careful
Salmon, sardines, herring	Shark, ray, swordfish
Trout, pollock, catfish	Marlin, king mackerel, tilefish
Canned light tuna, shrimp, oysters	Orange roughy, ling
Mahi-mahi, red snapper	Southern bluefin tuna
Wild Alaskan salmon, wild Pacific sardines (also rich in omega-3)	Any fish under a local advisory

GOOD TO KNOW

The American Heart Association advises fish at least twice a week. Albacore tuna is a middle choice: eat it in moderation. Some groups have stricter fish advice, so check current FDA and EPA guidance.

MY FISH PLAN

Fish meals I will have this week _____

Where I will check local advisories _____

QUESTIONS TO ASK

- [ ] Does my mercury exposure need to be checked, given how much fish I eat?
- [ ] How does fish fit with my cholesterol and triglyceride results?
- [ ] Is there a fish I should avoid for my situation?
- [ ] Which fish do you suggest if I eat it often?

Sources: AHA and EPA advice as summarized in a food-safety handout. Species lists differ by agency and change over time; check current federal guidance.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com