

The Food and Drug Administration and EPA recently published a [fish advisory for mercury](#). The advisory recommends eating up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish. Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing two meals of fish and shellfish, the advisory notes that you may eat up to 6 ounces (one average meal) of albacore tuna per week.