

Trim cards following box keyline. Fold on dotted lines.

<p>Save the Humans <i>Relative mercury levels in seafood</i></p> <p>Though many varieties of seafood are safe to eat, some fish contain enough mercury to be hazardous to your health if eaten frequently. The Nov/Dec 2011 issue of <i>Sierra</i> magazine opened our eyes to the hidden dangers of what might seem to be a healthy diet, and we thought this important information should be shared. To read the article online, go to: http://www.sierraclub.org/sierra/201111/mercury.aspx — An online mercury calculator, especially valuable to pregnant (or planning to be pregnant) women can be found at: gotmercury.org and a fish advisory for your particular state can be found at epa.gov/ost/fish —Takigawa Design</p> <p><i>Mean mercury levels in parts per million (ppm).</i> The FDA has a mercury action level of 1 ppm. Women of childbearing age and children are advised not to eat seafood exceeding 1 ppm.</p> <p>Very high Tilefish 1.450 Swordfish 0.995</p>	<p>Shark 0.979 Mackerel (king) 0.730 Tuna (bigeye, ahi) 0.639 Orange roughy 0.571 Marlin 0.485</p> <p>High Mackerel (Spanish, Gulf) 0.454 Grouper 0.448 Bluefish 0.368 Sablefish 0.361 Sea bass (Chilean) 0.354 Tuna (yellowfin) 0.354 Tuna (canned albacore) 0.350</p> <p>Moderate Croaker (white, Pacific) 0.287 Halibut 0.241 Mahimahi 0.190 Bass (striped, sea, saltwater) 0.152 Perch (freshwater) 0.150 Buffalo fish 0.137 Perch (ocean) 0.121 Tuna (canned chunk light) 0.120 Cod (Alaskan) 0.111 Carp 0.110 Lobster 0.093</p>	<p>Low Whitefish 0.089 Herring 0.084 Jacksmelt 0.081 Hake 0.079 Trout 0.071 Croaker (Atlantic) 0.065 Crab 0.065 Butterfish 0.058 Sole 0.056 Flounder 0.056 Plaice 0.056 Haddock (Atlantic) 0.055 Whiting 0.051 Mullet 0.050 Mackerel (N. Atlantic, chub) 0.050 Shad (American) 0.045 Crawfish 0.033 Pollock 0.031 Catfish 0.025 Squid (calamari) 0.023 Salmon (wild) 0.022 Anchovies 0.017 Tilapia 0.013 Sardines 0.013 Oysters 0.012 Clams 0.009</p>
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