Signs and Symptoms of Methylmercury Poisoning

Lower level exposures
sleep disturbance
headache
fatigue
difficulty concentrating
depression
memory loss
diminished fine motor coordination
muscle and joint pain
gastrointestinal upset
hair thinning
heart rate disturbance
hypertension
tremor
numbness or tingling around the mouth

Highest level exposures
numbness or tingling in hands and feet
clumsy gait, difficulty walking (ataxia)
slurred speech
tunnel vision
diminished visual acuity

Information on this card was excerpted from:
Silbernagel et al., Journal of Toxicology, Volume 2011,
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Fish & Shellfish with LOWEST Contaminant Levels

- Anchovies
- Arctic char
- Atlantic mackerel (*not King mackerel*)
- Catfish (U.S. farmed)
- Cod
- Haddock
- Herring
- Perch
- Pollock (fish sticks)
- Salmon (wild)
- Sardines
- Shellfish (oysters (*Pacific*), shrimp, clams, mussels, scallops)
- Tilapia
- Tuna (Skipjack/"chunk light"; *not Yellowfin*)
- Trout (Rainbow, farmed)

Fish with HIGHEST Contaminant Levels

- Bluefish
- Croaker (White/Pacific)
- Eel (*American, European; not Conger eel*)
- King Mackerel
- Marlin
- Tuna (Bluefin, Bigeye)
- Shark
- Swordfish
- Tilefish (Gulf of Mexico, *not Atlantic*)
- Weakfish/Seatrout

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*For those who eat fish more than 2 times per week, please get more information on fish mercury levels at web site listed in footer.*

*©A good source of omega-3 fatty acids

∞ May contain harmful PCB levels*