

Consumer Advisory Regarding Mercury in Fish*

Appendix A

Pregnant and nursing women, women who may become pregnant and children under the age of 12 *SHOULD NOT EAT* the following fish:

- swordfish
- shark
- king mackerel
- tilefish
- tuna steaks
- canned white albacore tuna

Canned light tuna consumption should be limited.

These fish contain levels of mercury which can be toxic to a developing nervous system.

*More detailed information can be obtained from this establishment upon request.

Swampscott Board of Health