Advice for Pregnant Women, Women Planning Pregnancy and Young Children on Fish Consumption

The risks of methylmercury outweigh the benefits of omega-3 fatty acids (DHA and EPA) for consuming the following fish. Pregnant women who eat these types of fish too often may cause a decrease in IQ of their unborn babies when they grow up.

1. Dash-and-dot goatfish
2. Golden tail, Yellowback seabream
3. Mackerel, King
4. Marlin
5. Orange roughy
6. Shark
7. Splendid alfonsino
8. Swordfish
9. Tuna, albacore
10. Tuna, bigeye
11. Tuna, Pacific Bluefin
12. Tuna, yellowfin

The benefits of omega-3 fatty acids (DHA and EPA) outweigh the risks of methylmercury for consuming the following fish. Pregnant women who eat these types of fish in moderation may enhance the IQ of their unborn babies when they grow up.

1. Areolate grouper, Green-spotted rock cod
2. Barramundi
3. Big head
4. Black amur bream
5. Black bonito, cobia
6. Black porgy, Blackhead seabream
7. Bombay duck
8. Butter fish, Pacific rudderfish
9. Catfish, Hong Kong catfish
10. Chub mackerel
11. Cresent sweetlips, Grunt
12. Dace, minced
13. Darkfin hind

14. Duskytail grouper
15. False halibut, Bastard halibut
16. Flathead
17. Flathead, Bartail flathead
18. Fourfinger threadfin, Blind tasselfish
19. Fourlined tonguesole
20. Giant grouper
21. Golden thread
22. Grass carp
23. Greater lizardfish
24. Green grouper, Orange-spotted grouper, Estuary grouper
25. Green wrasse, Blackspot tuskfish
26. Grey mullet
27. Honeycomb grouper
28. Horse head
29. Humpback grouper
30. Indian ariomma, Indian driftfish
31. Indian goatfish
32. Indo-pacific king mackerel
33. Japanese eel
34. Japanese golden thread, Japanese threadfin bream
35. Japanese jack mackerel, Atlantic horse mackerel
36. Japanese seaperch, Common sea bass, Japanese seabass
37. Japanese sillago
38. Javelin grunter
39. Laced moray
40. Large mouth bass, Largemouth black bass
41. Largehead hairtail, Hairtail
42. Largehead hairtail, South China Sea hairtail
43. Largescale tonguesole, Tonguefish
44. Leopard coralgrouper
45. Longfin grouper
46. Mandarin fish
47. Mangrove red snapper
48. Mud carp
49. Narrow-barred spanish mackerel, Albacore, Banded tuna
50. Orange-striped emperor
51. Pacific saury

52. Pomfret
53. Purple amberjack, Greater amberjack
54. Purple-spotted bigeye, Big-eye perch
55. Rabbitfish, pearl-spotted spinefoot, white-spotted spinefoot
56. Red bigeye, Bulls-eye perch
57. Red pargo, Japanese seabream, Red seabream
58. Red snapper, Malabar blood snapper
59. Reeve's moray
60. Rock grouper, Banded reef-cod
61. Rockfish
62. Russell's snapper, fingermark bream
63. Salmon
64. Skewband grunt, Grunt
65. Skipjack tuna
66. Slender lizardfish
67. Snakehead, Blotched snakehead
68. Sole (frozen fillet)
69. South American pilchard
70. Spotted scat, Butter fish, spade fish
71. Squaretail coralgrouper
72. Star snapper
73. Starspotted grouper
74. Striped bonito
75. Threespot grouper
76. Tilapia, Nile tilapia
77. White croaker, White chinese croaker, Silver croaker
78. White trevally
79. White-edged lyretail
80. Yellow croaker
81. Yellow grouper, Banded grouper
82. Yellowfin seabream
83. Yellowstripe goatfish
84. Yellowtail barracuda, Barracudas
85. Yellowtail kingfish, Yellowtail amberjack

Notes:

-Advice on fish consumption is made according to the method of the Food and Agriculture Organization of the United Nations (FAO) and World Health Organization (WHO) for assessing risk and benefit of fish consumption and using the high

consumption amount of fish of the local population, i.e. 1500g/week as a conservative approach.

-The methylmercury and DHA+EPA levels in fish were obtained from CFS's studies and data from FAO and WHO.

-Methylmercury levels in fish are affected by various factors such as specie, size, age, living environment and feed, etc. Therefore, eating a variety of fish in moderation helps even out the risk.

Source of information:

1. FEHD. Risk Assessment Studies Report No. 31 Mercury in Fish and Food Safety. 2008.
2. FEHD. The 1st Hong Kong Total Diet Study. Report No.5: Metallic Contaminants. 2013.
3. FAO/WHO. Report of the Joint FAO/WHO Expert Consultation on the Risks and Benefits of Fish Consumption. Rome, 25-29 January 2010. FAO Fisheries and Aquaculture Report No.978. WHO 2011.