孕妇、计划怀孕的妇女和幼童进食鱼类建议

以下鱼类的甲基汞的风险超过其奥米加-3 脂肪酸(DHA 和 EPA)的益处，孕妇如经常进食这些鱼，或可导致胎儿日后的智商较低

1.	大王马鲛鱼	Mackerel, King
2.	大眼吞拿鱼	Tuna, bigeye
3.	波鲳	Golden tail, Yellowback seabream
4.	金目鲷	Splendid alfonsino
5.	长鳍吞拿鱼	Tuna, albacore
6.	单带海绯鲤、秋姑、须哥	Dash-and-dot goatfish
7.	黄鳍吞拿鱼	Tuna, yellowfin
8.	旗鱼	Marlin
9.	剑鱼	Swordfish
10.	橘棘鲷	Orange roughy
11.	蓝鳍吞拿鱼	Tuna, Pacific Bluefin
12.	鲨鱼	Shark

以下鱼类的奥米加-3 脂肪酸(DHA 和 EPA)的益处超过其甲基汞的风险，孕妇如适量地进食这些鱼，胎儿日后的智商或有所提高

1.	七星鲳、红鲳、沙鲳鲳	Red pargo, Japanese seabream, Red seabream
2.	九肚鱼	Bombay duck
3.	三文鱼	Fish, Salmon
4.	三须	Yellowstripe goatfish
5.	叉尾	Indian ariomma, Indian driftfish
6.	大乌、左口、(平目)	False halibut, Bastard halibut
7.	大头鱼	Fish, Big head
8.	日本鳗鲡、白鳝	Japanese eel
9.	日本鰤、石鰤、(池鱼)	Japanese jack mackerel, Atlantic horse mackerel
10.	火点	Russell's snapper, fingermark bream
11.	牛鰍	Flathead
12.	牛鰍、沙鰍	Flathead, Bartail flathead
13.	加州鲈、大口鲈	Large mouth bass, Largemouth black bass
14.	细鳞、假细鳞	Cresent sweetlips, Grunt
15.	打铁鲳	Skewband grunt, Grunt
16.	正种马鲛、四指马鲛	Fourfinger threadfin, Blind tasselfish

17.	瓜衫	Japanese golden thread, Japanese threadfin bream
18.	瓜核鲳、蓝鲳	Butter fish, Pacific rudderfish
19.	生鱼	Snakehead, Blotched snakehead
20.	白尾斑	Darkfin hind
21.	白鲩	White croaker, White chinese croaker, Silver croaker
22.	石狗公	Rockfish
23.	石蚌	Star snapper
24.	石钉	Rock grouper, Banded reef-cod
25.	印度三须、三须	Indian goatfish
26.	灰鰭牙带、牙带	Largehead hairtail, Hairtail
27.	竹鲛、鲛鱼	Narrow-barred spanish mackerel, Albacore, Banded tuna
28.	竹签、梭子鱼	Yellowtail barracuda, Barracudas
29.	老鼠班	Humpback grouper
30.	西星斑	Squaretail coralgrouper
31.	沙丁鱼、鳀仔	South American pilchard
32.	沙钻	Japanese sillago
33.	东星斑	Leopard coralgrouper
34.	泥钉	Slender lizardfish
35.	泥鲩	Rabbitfish, pearl-spotted spinefoot, white-spotted spinefoot
36.	狗棍	Greater lizardfish
37.	盲鳢	Barramundi
38.	芝麻斑	Duskytail grouper
39.	芝麻斑、齐尾芝麻斑	Areolate grouper, Green-spotted rock cod
40.	花头梅	Starspotted grouper
41.	花头梅、花狗斑	Longfin grouper
42.	花头梅、金钱斑	Honeycomb grouper
43.	花鲛、花鲛、大口鲛(鲭鱼)	Chub mackerel
44.	花鳗	Laced moray
45.	花鳗、泥婆	Reeve's moray
46.	金山鲷、非洲鲷	Tilapia, Nile tilapia
47.	金鼓	Spotted scat, Butter fish, spade fish
48.	长尾木棉、长尾大眼鸡	Purple-spotted bigeye, Big-eye perch
49.	长鼻水珍、木黄	White trevally
50.	青衣	Green wrasse, Blackspot tuskfish

51.	青斑	Green grouper, Orange-spotted grouper, Estuary grouper
52.	秋刀鱼	Pacific saury
53.	红衫、长尾衫	Golden thread
54.	红鱼	Red snapper, Malabar blood snapper
55.	红鲌	Mangrove red snapper
56.	桂花鱼	Mandarin fish
57.	乌头	Grey mullet
58.	马头	Horse head
59.	鬼头斑、花鬼头、花斑	Threespot grouper
60.	粗鳞挞沙、挞沙	Largescale tonguesole, Tonguefish
61.	连尖	Orange-striped emperor
62.	章雄	Purple amberjack, Greater amberjack
63.	鱼仲、懵仔	Black bonito, cobia
64.	油甘鱼	Yellowtail kingfish, Yellowtail amberjack
65.	黄花鱼	Fish, Yellow croaker
66.	黄钉、黄斑、黄钉斑	Yellow grouper, Banded grouper
67.	黄脚鲷	Yellowfin seabream
68.	黄鳍牙带、牙带	Largehead hairtail, South China Sea hairtail
69.	黑鲷、黑沙鲷	Black porgy, Blackhead seabream
70.	塘虱	Catfish, Hong Kong catfish
71.	烟仔虎、西齿(成功)、掠齿烟	Striped bonito
72.	齐尾木棉、齐尾大眼鸡	Red bigeye, Bulls-eye perch
73.	线鲛、泥鲛	Indo-pacific king mackerel
74.	燕尾星	White-edged lyretail
75.	头鲈	Javelin grunter
76.	龙趸,花尾	Giant grouper
77.	龙脷,挞沙	Fourlined tonguesole
78.	龙脷柳（雪藏）	Sole (frozen fillet)
79.	鲩鱼	Grass carp
80.	边鱼、三角鲂	Black amur bream
81.	鲳鱼、鳊鱼	Pomfret
82.	鲮鱼	Mud carp
83.	鲮鱼肉	Fish, Dace, minced
84.	鲣、杜仲 (木鱼)	Skipjack tuna
85.	鲈鱼、百花鲈、花鲈	Japanese seaperch, Common sea bass, Japanese seabass

注:

－进食鱼类的建议是参照联合国粮食及农业组织 (粮农)和世界卫生组织(世卫)评估进食鱼类的风险和益处的方法并根据保守估计，以本地市民的高消费量，即每周进食 1 500 克鱼得出。

－鱼类的甲基汞及 DHA 和 EPA 的含量取自食物安全中心的研究及粮农和世卫的数据。

－鱼类所含的甲基汞分量受多项因素影响，例如鱼的品种、大小、鱼龄、生活环境和饲料等。因此，适量进食多种鱼类有助分散风险。

资料来源:

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