

孕婦、計劃懷孕的婦女和幼童進食魚類建議

以下魚類的甲基汞的風險超過其奧米加-3 脂肪酸(DHA 和 EPA)的益處，孕婦如經常進食這些魚，或可導致胎兒日後的智商較低

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|----------------|----------------------------------|
| 1. 大王馬鮫魚 | Mackerel, King |
| 2. 大眼吞拿魚 | Tuna, bigeye |
| 3. 波魷 | Golden tail, Yellowback seabream |
| 4. 金目鯛 | Splendid alfonsino |
| 5. 長鰭吞拿魚 | Tuna, albacore |
| 6. 單帶海緋鯉、秋姑、鬚哥 | Dash-and-dot goatfish |
| 7. 黃鰭吞拿魚 | Tuna, yellowfin |
| 8. 旗魚 | Marlin |
| 9. 劍魚 | Swordfish |
| 10. 橘棘鯛 | Orange roughy |
| 11. 藍鰭吞拿魚 | Tuna, Pacific Bluefin |
| 12. 鯊魚 | Shark |

以下魚類的奧米加-3 脂肪酸(DHA 和 EPA)的益處超過其甲基汞的風險，孕婦如適量地進食這些魚，胎兒日後的智商或有所提高

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|----------------|-------------------------------------------------|
| 1. 七星魷、紅魷、沙魷 | Red pargo, Japanese seabream, Red seabream |
| 2. 九肚魚 | Bombay duck |
| 3. 三文魚 | Fish, Salmon |
| 4. 三鬚 | Yellowstripe goatfish |
| 5. 叉尾 | Indian ariomma, Indian driftfish |
| 6. 大烏、左口、(平目) | False halibut, Bastard halibut |
| 7. 大頭魚 | Fish, Big head |
| 8. 日本鰻鱺、白鱈 | Japanese eel |
| 9. 日本鱸、石鱸、(池魚) | Japanese jack mackerel, Atlantic horse mackerel |
| 10. 火點 | Russell's snapper, fingermark bream |
| 11. 牛鯪 | Flathead |
| 12. 牛鯪、沙鯪 | Flathead, Bartail flathead |
| 13. 加州鱸、大口鱸 | Large mouth bass, Largemouth black bass |
| 14. 細鱗、假細鱗 | Crescent sweetlips, Grunt |
| 15. 打鐵 | Skewband grunt, Grunt |
| 16. 正種馬鮫、四指馬鮫 | Fourfinger threadfin, Blind tasselfish |

17. 瓜衫	Japanese golden thread, Japanese threadfin bream
18. 瓜核鯧、藍鯧	Butter fish, Pacific rudderfish
19. 生魚	Snakehead, Blotched snakehead
20. 白尾斑	Darkfin hind
21. 白鰾	White croaker, White chinese croaker, Silver croaker
22. 石狗公	Rockfish
23. 石蚌	Star snapper
24. 石釘	Rock grouper, Banded reef-cod
25. 印度三鬚、三鬚	Indian goatfish
26. 灰鰭牙帶、牙帶	Largehead hairtail, Hairtail
27. 竹鮫、鮫魚	Narrow-barred spanish mackerel, Albacore, Banded tuna
28. 竹簽、梭子魚	Yellowtail barracuda, Barracudas
29. 老鼠斑	Humpback grouper
30. 西星斑	Squaretail coral grouper
31. 沙丁魚、鱸仔	South American pilchard
32. 沙鑽	Japanese sillago
33. 東星斑	Leopard coral grouper
34. 泥釘	Slender lizardfish
35. 泥鯮	Rabbitfish, pearl-spotted spinefoot, white-spotted spinefoot
36. 狗棍	Greater lizardfish
37. 盲鱧	Barramundi
38. 芝麻斑	Duskytail grouper
39. 芝麻斑、齊尾芝麻斑	Areolate grouper, Green-spotted rock cod
40. 花頭梅	Starspotted grouper
41. 花頭梅、花狗斑	Longfin grouper
42. 花頭梅、金錢斑	Honeycomb grouper
43. 花鮫、花鮫、大口鮫(鯖魚)	Chub mackerel
44. 花鰻	Laced moray
45. 花鰻、泥婆	Reeve's moray
46. 金山鰻、非洲鰻	Tilapia, Nile tilapia
47. 金鼓	Spotted scat, Butter fish, spade fish
48. 長尾木棉、長尾大眼雞	Purple-spotted bigeye, Big-eye perch
49. 長鼻水珍、木黃	White trevally
50. 青衣	Green wrasse, Blackspot tuskfish

51. 青斑	Green grouper, Orange-spotted grouper, Estuary grouper
52. 秋刀魚	Pacific saury
53. 紅衫、長尾衫	Golden thread
54. 紅魚	Red snapper, Malabar blood snapper
55. 紅鮪	Mangrove red snapper
56. 桂花魚	Mandarin fish
57. 烏頭	Grey mullet
58. 馬頭	Horse head
59. 鬼頭斑、花鬼頭、花斑	Threespot grouper
60. 粗鱗撻沙、撻沙	Largescale tonguesole, Tonguefish
61. 連尖	Orange-striped emperor
62. 章雄	Purple amberjack, Greater amberjack
63. 魚仲、懵仔	Black bonito, cobia
64. 油甘魚	Yellowtail kingfish, Yellowtail amberjack
65. 黃花魚	Fish, Yellow croaker
66. 黃釘、黃斑、黃釘斑	Yellow grouper, Banded grouper
67. 黃腳鮫	Yellowfin seabream
68. 黃鰭牙帶、牙帶	Largehead hairtail, South China Sea hairtail
69. 黑鮫、黑沙鮫	Black porgy, Blackhead seabream
70. 塘虱	Catfish, Hong Kong catfish
71. 煙仔虎、西齒(成功)、掠齒煙	Striped bonito
72. 齊尾木棉、齊尾大眼雞	Red bigeye, Bulls-eye perch
73. 線鮫、泥鮫	Indo-pacific king mackerel
74. 燕尾星	White-edged lyretail
75. 頭鱸	Javelin grunter
76. 龍躉,花尾	Giant grouper
77. 龍脷,撻沙	Fourlined tonguesole
78. 龍脷柳(雪藏)	Sole (frozen fillet)
79. 鯪魚	Grass carp
80. 邊魚、三角魴	Black amur bream
81. 鯧魚、鱸魚	Pomfret
82. 鯪魚	Mud carp
83. 鯪魚肉	Fish, Dace, minced
84. 鯷、杜仲(木魚)	Skipjack tuna
85. 鱸魚、百花鱸、花鱸	Japanese seaperch, Common sea bass, Japanese seabass

註:

— 進食魚類的建議是參照聯合國糧食及農業組織(糧農)和世界衛生組織(世衛)評估進食魚類的風險和益處的方法並根據保守估計，以本地市民的高消費量，即每周進食 1 500 克魚得出。

— 魚類的甲基汞及 DHA 和 EPA 的含量取自食物安全中心的研究及糧農和世衛的數據。

— 魚類所含的甲基汞分量受多項因素影響，例如魚的品種、大小、魚齡、生活環境和飼料等。因此，適量進食多種魚類有助分散風險。

資料來源:

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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.