

How **MERCURY** gets to your dinner table

Man-made pollution has increased the amount of mercury in the fish supply to sometimes harmful levels, especially for an unborn child.

First, coal-fired power plants release mercury into the atmosphere.

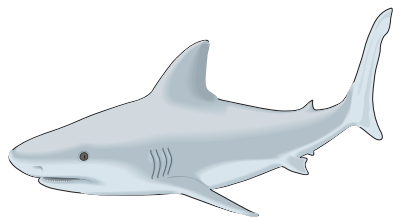


Consumed by micro-organisms, mercury moves up the food chain and toward the ocean.



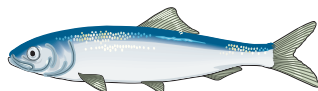
It can travel hundreds of miles before falling with the rain into lakes and streams.

Fish at the top of the marine food chain accumulate levels of mercury that can do serious damage to the human nervous system when consumed regularly.



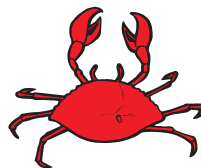
LARGE PREDATORY FISH

At the top of the food chain, these fish acquire the highest mercury levels. The FDA recommends that pregnant women avoid swordfish, tilefish, king mackerel and shark altogether, or risk nervous system damage to an unborn child.



SMALLER SALTWATER FISH

These fish such as cod and red snapper can have varying levels of mercury. The FDA recommends pregnant women not consume more than 12 ounces per week.



SHELLFISH

These can contain harmful levels of mercury with lobster leading the FDA list.



FRESHWATER FISH

Mercury levels vary according to the concentration in the water. Local officials should be contacted to assess mercury risk.