

## Consumption Guideline – Fish and Mercury

Fish provides many nutrients and there are health benefits of eating fish regularly. However, it is important to know that mercury is present in varying amounts in different types of fish. Mercury is found naturally in the environment, and human activity can increase the amount of mercury in soil and water. Fish absorb mercury and your body absorbs mercury when you eat the fish. Exposure to high levels of mercury can be harmful to your health.

The following guideline applies to choosing and eating fish caught in New Brunswick’s lakes and rivers. This includes consumption of brook trout, lake trout, landlocked salmon, smallmouth bass, striped bass, brown bullhead, burbot, muskellunge, perch, and pickerel:

Species	Fish Length (measured nose to tail fork)	General Population over 12 years old	Sensitive Population (see definition below)
Brook Trout	Under 25 cm	8 servings per month	1 serving per month
	Over 25 cm	4 servings per month	Avoid
Striped Bass (Miramichi, Southeast, Chaleur and Restigouche RFAs)	Under 65 cm	8 servings per month	1 serving per month
	Over 65 cm	4 servings per month	Avoid
Striped Bass (Lower Saint John, Inner Bay of Fundy and Southwest RFAs)	Under 75cm	4 servings per month	Avoid
	Between 75 cm and 100 cm	2 servings per month	Avoid
	Over 100 cm	Avoid	Avoid
Lake Trout, Landlocked Salmon, Smallmouth Bass, Brown Bullhead, Burbot, Muskellunge, Perch, and Pickerel	Any Size	2 servings per month	Avoid
<b>1 serving</b> <ul style="list-style-type: none"> <li>75g or 2½oz of cooked fish; OR</li> <li>125mL or ½cup of cooked fish; OR</li> <li>a portion of cooked fish that fits in the palm of the consumer's hand</li> </ul>			
<b>Sensitive Population</b> – Women who are or may become pregnant, women who are breastfeeding, infants, and children up to 11 years old			
<b>RFA</b> – Recreational Fishing Areas			

**Note:** This table may show recommendations for some species or sizes of fish that are not legal to possess from some waterbodies or at certain times. Please check the latest [New Brunswick Fish Guide](#) for details on allowable numbers and sizes of fish.

An occasional meal which exceeds the guideline should have no adverse health effects. This advisory applies only to wild fish caught in the province’s lakes and rivers.

For information on consumption advice for other fish see [Health Canada](#) consumption recommendations.