

FISH	
YES	NO
(Only wild-caught, not farm raised) 2-4 oz. daily	Tuna, canned (no albacore or yellow fin)
Anchovies	
Bass, freshwater	
Calamari/squid	
Clams	
Crab	
Halibut, Alaskan	
Kippers	
Lobster	
Macherel	
Mahi-Mahi	
Mussels	
Oysters	
Salmon, Alaskan	
Sardines	
Scallops	
Shrimp	
Tuna, canned (only small tuna)	
Whitefish: includes cod, haddock, hake, herring, monkfish, mullet, pollock, sea bass, skate, sole, swordfish, turbot and whiting	