Publix | WHERE SHOPPING FOR MERCURY-LADEN FISH IS A PLEASURE


.976 PPM mercury
Swordfish Steak
Women of child-bearing age and children **should not eat**


Wild Alaska Salmon
Women of childbearing age and children can eat up to 12 oz a week .014 PPM mercury


Yellowfin Tuna Sushi

# SHOULDN'T DANGER BE ADVERTISED AS PROMINENTLY AS DISCOUNTS?

Catfish
Women of childbearing age and children can eat up to 12 oz a week .049 PPM mercury

Shrimp
Women of childbearing age and children can eat up to 12 oz a week <.010 PPM mercury


Albacore Tuna
Women of childbearing age and children should limit to 6 oz. a week .353 PPM mercury


Pacific Cod
Women of childbearing age and children can eat up to 12 oz a week .095 PPM mercury

Environmental Protection Agency recommend...

women of child-bearing age and children:

--should not eat swordfish, shark, king mackerel or tilefish

--should limit their consumption of all other fish to 12 ounces a week

--should limit their consumption of albacore tuna and tuna steaks to 6 ounces a week

## PUBLIX SHOULD POST MERCURY WARNING SIGNS AT SEAFOOD COUNTERS

**A number of grocery stores are posting signs about the FDA mercury advisory at their seafood counters but Publix refuses to do so. Stores like Kroger, Whole Foods and Trader Joe's have recognized the importance of giving customers information about which fish may be dangerous for children and unborn babies so that they can make informed decisions about which seafood to buy.**

**Some Publix stores carry brochures about mercury in seafood but the company has refused to post signs. Just as sale prices are posted prominently, not buried in a brochure, this important government health advice also needs to be visible on a sign.**

**Above figures are average mercury concentrations as determined by the U.S. Food and Drug Administration for fish sold in the United States, reported in parts per million (PPM). These figures are not based on tests of fish from Publix stores; however, as national averages they represent an estimate of levels expected in commercially sold fish.**

**To learn more, go to www.oceana.org/publix**

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