

Металлы в рыбе

При выборе рыбы важно выбирать наименее загрязненную, надеюсь, что эта картинка вам поможет.

What is a serving? As a guide, use the palm of your hand.



Pregnancy and breastfeeding:
1 serving is 4 ounces

Eat 2 to 3 servings a week from the "Best Choices" list (OR 1 serving from the "Good Choices" list).



Childhood:
On average, a serving is about:

- 1 ounce at age 1 to 3
- 2 ounces at age 4 to 7
- 3 ounces at age 8 to 10
- 4 ounces at age 11

Eat 2 servings a week from the "Best Choices" list.

Best Choices			Good Choices		
Anchovy	Herring	Scallop	Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster, American and spiny	Shad	Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Atlantic mackerel	Mullet	Shrimp	Carp	Sablefish	Tuna, yellow fin
Black sea bass	Oyster	Skate	Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Butterfish	Pacific chub mackerel	Smelt	Grouper	Snapper	White croaker/Pacific croaker
Catfish	Perch, freshwater and ocean	Sole	Halibut	Spanish mackerel	
Clam	Pickrel	Squid	Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod	Trout, freshwater	Tilapia	Choices to Avoid HIGHEST MERCURY LEVELS		
Crab	Plaice	Tuna, canned light (includes skipjack)	King mackerel	Shark	Tilefish (Gulf of Mexico)
Crawfish	Pollock	Whitefish	Marlin	Swordfish	Tuna, bigeye
Flounder	Salmon	Whiting	Orange roughy		
Haddock	Sardine				
Hake					

What about fish caught by family or friends? Check for [fish and shellfish advisories](#) to tell you how often you can safely eat those fish. If there is no advisory, eat only one serving and no other fish that week. Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice

U.S. FOOD & DRUG ADMINISTRATION
 United States Environmental Protection Agency

Автор сообщения: Mazer

Замеры ртути в рыбе: <https://www.fda.gov/food/metals-and-your-food/mercury-levels-commercial-fish-and-shellfish-1990-2012> Самая чистая рыба — сардины и консервированный лосось; не сильно хуже замороженный/свежий лосось, сом

SPECIES	MERCURY CONCENTRATION MEAN (PPM)	MERCURY CONCENTRATION MEDIAN (PPM)	MERCURY CONCENTRATION STDEV (PPM)	MERCURY CONCENTRATION MIN (PPM)	MERCURY CONCENTRATION MAX (PPM)	NO. OF SAMPLES	SOURCE OF DATA
SCALLOP	0.003	ND	0.007	ND	0.033	39	FDA 1991-2009
CLAM	0.009	0.002	0.011	ND	0.028	15	FDA 1991-2010
SHRIMP	0.009	0.001	0.013	ND	0.05	40	FDA 1991-2009
OYSTER	0.012	ND	0.035	ND	0.25	61	FDA 1991-2009
SARDINE	0.013	0.010	0.015	ND	0.083	90	FDA 2002-2010
TILAPIA	0.013	0.004	0.023	ND	0.084	32	FDA 1991-2008
SALMON (CANNED)	0.014	0.010	0.021	ND	0.086	19	FDA 1993-2009
ANCHOVIES	0.016	0.011	0.015	ND	0.049	15	FDA 2007-2009

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Комментарий от Глеба:

Для тех, кто ест рыбу и парится на счет загрязнителей и цены.

Лучший вариант с точки зрения минимизации загрязнителей - Сардины. Они же идеальны с точки зрения соредражия омега-3 в форме ДГК. Они же очень доступны в плане цены.

Как вывод, лучшая рыба на данный момент - сардины. Надеюсь, я этим кому-то помог.

Ртуть в рыбе

Ориентируйся на примерный список ниже, чтобы выбрать относительно менее опасные виды морепродуктов

Корреляция с другими тяжелыми металлами высокая.



Mercury Levels in Fish



HIGH	MODERATE	LOW
<ul style="list-style-type: none"> • Bluefish • Grouper • Mackerel (King, Spanish, Gulf) • Marlin • Orange Roughy • Sea Bass (Chilean) • Shark • Swordfish • Tilefish • Tuna (Bigeye, Ahi, Canned Albacore, Yellowfin) 	<ul style="list-style-type: none"> • Bass (Striped, Black) • Carp • Cod (Alaskan) • Croaker (White Pacific) • Halibut (Atlantic, Pacific) • Jacksmelt (Silverside) • Lobster • Mahi Mahi • Monkfish 	<ul style="list-style-type: none"> • Perch (Freshwater) • Sablefish • Skate • Snapper • Tuna (Canned Chunk Light, Skipjack) • Weakfish (Sea Trout)
<ul style="list-style-type: none"> • Anchovies • Butterfish • Catfish • Clam • Crab (Domestic) • Crawfish/Crayfish • Croaker (Atlantic) • Flounder • Haddock (Atlantic) • Hake • Herring • Mackerel (Chub, N. Atlantic) • Mullet • Oyster 	<ul style="list-style-type: none"> • Perch (Ocean) • Plaice • Pollock • Salmon* (Canned, Fresh) • Sardine • Scallop • Shad (American) • Shrimp • Sole (Pacific) • Squid (Calamari) • Tilapia • Trout (Freshwater) • Whitefish • Whiting 	

www.nrdc.org

*Farmed salmon may contain PCBs & chemicals that have serious long-term health effects.

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