


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	Shad	Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Atlantic mackerel	American and spiny	Shrimp	Carp	Sablefish	Tuna, yellowfin
Black sea bass	Mullet	Skate	Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Butterfish	Oyster	Smelt	Grouper	Snapper	White croaker/Pacific croaker
Catfish	Pacific chub mackerel	Sole	Halibut	Spanish mackerel	
Clam	Perch, freshwater and ocean	Squid	Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod	Pickrel	Tilapia			
Crab	Plaice	Trout, freshwater			
Crawfish	Pollock	Tuna, canned light (includes skipjack)			
Flounder	Salmon	Whitefish			
Haddock	Sardine	Whiting			
Hake					


Choices to Avoid HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

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

 EPA 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

Автор сообщения: zaitsevcolor

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 выбирать 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	<div>*Farmed salmon may contain PCBs & chemicals that have serious long-term health effects.</div>			

Автор заметки: Глеб

Revision #10

Created 23 January 2023 13:22:17 by Mazer

Updated 27 May 2024 11:55:40 by fox_box (Юлия)