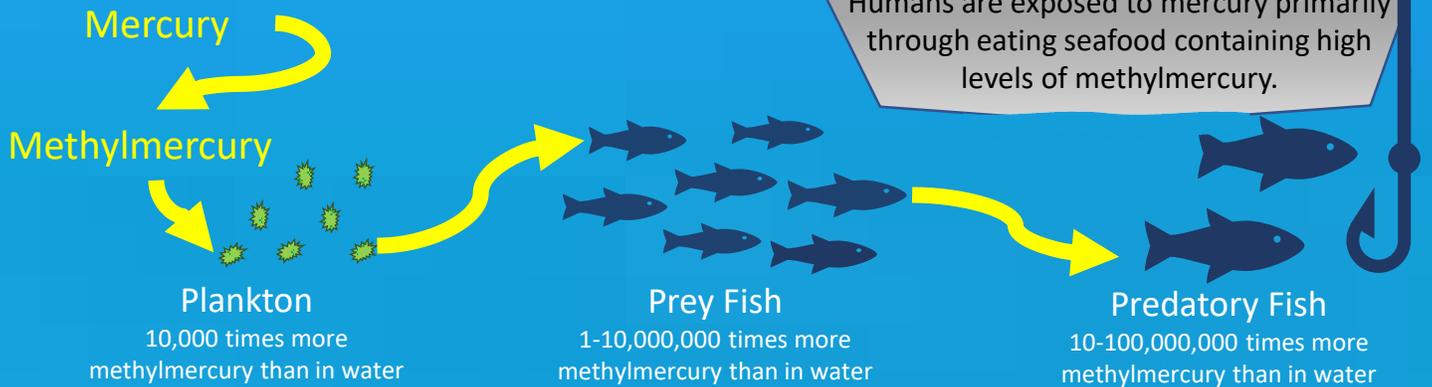


Mercury: From Source to Seafood

How does mercury get into seafood?

In fresh or salt water environments, bacteria transform inorganic mercury into toxic methylmercury. Methylmercury is easily taken in by living organisms.



In a process called **biomagnification**, methylmercury becomes more concentrated as it moves up the aquatic food chain.

What are the risks and benefits of eating seafood?

Health Risks from Mercury

Mercury crosses the blood-brain barrier, causing :

- Problems with memory, speech, fine motor skills, personality development and cognitive function;
- Neurological problems during development in young children;
- Heart and immune health problems with high mercury exposure.

Health Benefits of Seafood

Seafood provides:

- Nutrients essential for healthy growth and development in young children;
- The highest levels of omega-3 polyunsaturated fatty acids of any foods, which improve heart health, liver function and eyesight;
- Essential trace elements and vitamins like selenium, iodine and vitamin D.

How can I enjoy the benefits of seafood and limit risks of methylmercury exposure?

Be an informed seafood consumer and know the sources of your food.



Limit your consumption of predatory fish like shark, swordfish and tuna.



Eat seafood lower on the food chain like crabs, clams, salmon and sardines.

