

Got Mercury?

Calculate your exposure



● Your weight: lbs.

● Fish:

● Amount you will eat this week: oz.

● Calculate

Mercury Exposure: of EPA Limit*
(Should be under 100%)

on the web:
www.GotMercury.org

on your cell phone
web browser:
www.GotMercury.mobi

www.GotMercury.mobi "Take it to Go"
on your cell phone to calculate seafood mercury exposure.

Eating certain types of fish high in mercury, such as **swordfish, tuna** (fresh, canned and albacore), **shark, tilefish, and king mackerel** may pose health risks for mothers, future moms and children. Mercury is a potent neurotoxin that can cause slow growth and lowered IQ, brain and kidney damage, cancer, and an increased risk of heart disease.

Make informed seafood choices for your family's health by using the GotMercury.org calculators while shopping, dining, and at home.



Doug Perrine/SeaTurtles.com

Save the Sea Turtles! Give the Oceans a Break!

Eating less swordfish, tuna and shrimp is a simple way you can be part of the solution!

The number of sea turtles caught each year—estimated at 250,000—by swordfish, tuna, and shrimp boats is staggering. Nonselective industrial fishing methods such as commercial longlines, gillnets, and trawls are deadly for sea turtles and other marine life. Up to 60% of these boats' catch is unintended and discarded overboard. **The swordfish, tuna or shrimp in your dinner may come with a side helping of endangered sea turtles.**

What can we, as individuals, do about it? Use your consumer power and make wise choices! Better options include Alaska wild salmon, spot prawns or Oregon pink shrimp and U.S. farmed tilapia.



For more information contact:

[Sea Turtle Restoration Project](http://SeaTurtleRestorationProject.org)

415-663-8590 • www.SeaTurtles.org