

1 PARTICIPANT: I agree with you.

2 MODERATOR: Okay. Let's move on then
3 and we'll go to the section that says, what fish
4 have higher levels of mercury and shouldn't be
5 eaten? King mackerel, shark and swordfish have
6 higher levels of mercury in them and should not
7 be eaten more than once a month. If you eat
8 other fish, you should not eat king mackerel,
9 shark or swordfish at all. Tuna steaks have

10 moderate levels of mercury. Tuna steaks can be
11 eaten three times a month. Canned tuna, which is
12 made from smaller fish, has less mercury than
13 tuna steaks. You can eat one and a half
14 six-ounce cans of tuna every week with no
15 problems.

16 Basically, we were talking before the
17 group -- the heading, what fish have higher
18 levels of mercury and shouldn't be eaten, should
19 just be over the king mackerel, shark and
20 swordfish. Then tuna steaks have moderate
21 levels, so it's slightly less. And then tuna
22 fish in a can is in a different category itself.