PARTICIPANT: I agree with you.

MODERATOR: Okay. Let's move on then and we'll go to the section that says, what fish have higher levels of mercury and shouldn't be eaten? King mackerel, shark and swordfish have higher levels of mercury in them and should not be eaten more than once a month. If you eat other fish, you should not eat king mackerel, shark or swordfish at all. Tuna steaks have moderate levels of mercury. Tuna steaks can be eaten three times a month. Canned tuna, which is made from smaller fish, has less mercury than tuna steaks. You can eat one and a half six-ounce cans of tuna every week with no problems.

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