### Mercury in Fish You Catch from Texas Waters

#### Freshwater fish which are **more** likely to build up mercury.

- Largemouth bass
- Gar species
- Freshwater drum
- Walleye
- White bass
- Flathead catfish
- Striped bass
- Bowfin

#### Freshwater fish which are **less** likely to build up mercury.

- Channel catfish
- Sunfish species (“Perch”)
- Crappie

#### Saltwater fish which are **more** likely to build up mercury.

- Shark species
- King mackerel
- Cobia “Ling”
- Yellowfin tuna
- Blackfin tuna

#### Saltwater fish which are **less** likely to build up mercury.

- Red drum
- Black drum
- Southern flounder
- Spotted seatrout

For freshwater and saltwater fish, which are more likely to build up mercury, DSHS recommends that anglers eat smaller, younger fish, eat fish from a variety of water bodies, and eat fish, which are less likely to build up mercury more often.