Mercury Rising

May 1, 2008

A recent report found that many restaurants serve tuna laden with high levels of mercury. But what about everyday canned tuna, with its lean protein, good oils and manageable price? How much can you safely eat?

Adults weighing over 120 pounds should not eat more than about two thirds of a can of albacore tuna, or one and two thirds of chunk light tuna, in a week (slightly less for smaller people). Mercury can damage the nerves and brain—and positive people already worry about how HIV affects those areas.

Substitute canned salmon or sardines. They deliver heart-healthy omega-3 oils without the mercury, making them safe for daily eating.

If sardines are a bit fishy (or prickly) for you, try mashing them on crackers with a dash of white vinegar—or on chewy whole-grain bread with cream cheese and parsley or chives.

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http://beta.docker.poz.com/article/mercury-safety-fish-14386-7662