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## COLLABORATIVE NATURAL HEALTH PARTNERS

### HIGH

Grouper Sea Trout

Marlin Mackerel

Bluefish Amberjack

Saltwater Bass

Marlin Croaker

Tilefish

Tuna (ahi, white albacore,  
bluefin)

Shark Swordfish

### LOW

Bass (striped, black) Carp

Cod Croaker Halibut

Lobster

Mahi Mahi Perch Stable

Monksfish Skate Sea

Trout

Tuna (skipjack, canned  
chunk)

### LOWEST

Arctic Cod Anchovies

Calamari Clam Catfish

Perch (ocean) Tilapia

Scallop Sardines Crayfish

Catfish Shad Sole Caviar

Sturgeon Whitefish

Lobster, spiny

Trout (fresh water)

Flounder Shrimp

Salmon

A top-down view of a metal bucket containing several fish, likely caught from a body of water. The fish are packed together, with some showing their scales and fins. A white rectangular text box is overlaid in the center of the bucket, containing the text "MERCURY SEAFOOD LEVELS". The background shows a blurred outdoor setting with green foliage and a light-colored ground surface.

MERCURY SEAFOOD LEVELS