



LIVER EDUCATION ADVOCATES

Liver-Safe Fish Guide

Fish is an excellent source of lean protein and anti-inflammatory omega-3 fats, both of which support liver health. The key is choosing varieties that are naturally low in mercury and sourced from clean waters.

Best Choices for Liver Health (Low Mercury, High Omega-3s)

These are the safest, most nutritious options for regular meals:

- Salmon (wild-caught preferred) — rich in omega-3s, low mercury
- Sardines — very low mercury, high omega-3s
- Trout (rainbow or lake, farmed U.S.) — clean and low mercury
- Atlantic mackerel (not king mackerel) — high omega-3s, low mercury
- Herring — excellent omega-3 source
- Anchovies — tiny fish = minimal mercury accumulation

These fish support metabolic health, reduce inflammation, and help lower liver fat.

Good Choices in Moderation

These are generally safe but should be eaten in moderate amounts, especially for people with liver disease:

- Tilapia — low mercury but lower omega-3s
- Cod — lean, low mercury

- Haddock — mild, low mercury
- Catfish (U.S. farmed) — low mercury, clean source
- Walleye (small fish only) — safe occasionally when sourced from clean waters

For walleye specifically, smaller fish (under ~15 inches) carry less mercury, and local advisories matter.

Fish to Limit or Avoid (High Mercury)

These species accumulate more mercury and are best avoided by people with liver disease:

- King mackerel
- Swordfish
- Shark
- Tilefish (Gulf of Mexico)
- Bigeye tuna

Mercury is processed through the liver, and high exposure can add unnecessary metabolic stress.

How to Choose Safer Fish Every Time

- Pick smaller fish — they accumulate less mercury.
- Check local advisories for freshwater fish like walleye, bass, or pike.
- Remove skin and dark meat to reduce contaminants.
- Choose wild-caught or responsibly farmed when possible.
- Rotate fish types to avoid repeated exposure to any one contaminant.

Why This Matters for Liver Health

Fish supports the liver by providing:

- Anti-inflammatory omega-3 fats
- High-quality protein for repair
- Low saturated fat compared to red meat
- Nutrients that support metabolic balance

But mercury, PCBs, and other contaminants can strain the liver's detox pathways, which is why choosing the right fish matters.