



# Seafood Health Facts: Making Smart choices

## Balancing the Benefits and Risks of Seafood Consumption

### *Resources for Healthcare Providers and Consumers*

#### **Seafood Safety Topics [1]**

This information is for specific food safety hazards that can be associated with seafood and other perishable foods. Click on each of the links below for information of interest to healthcare professionals on these common food safety hazards.

#### **Microbes and Food Borne Illness (Pathogens) [2]**

Information on food safety issues associated with microbial pathogens like bacteria and viruses that could be associated with certain types of seafood products. Information on how to select and handle seafood products to avoid food borne illness is included.

#### **Parasites [3]**

This section describes food safety issues associated with naturally occurring parasites that could be associated with certain types of seafood products. Information on how to select and handle seafood products to avoid food borne illness is included.

#### **Toxins [4]**

A description of food safety issues associated with naturally occurring toxins associated with algae blooms that could be associated with certain types of shellfish products. A description of the naturally occurring finfish toxins, ciguatera and histamine is also described. Information on how to select and handle seafood products to avoid food borne illness is included.

#### **Man Made Pollutants [5]**

Food safety issues associated with fish and shellfish that may be harvested from fresh waters or near shore marine waters with elevated levels of pollutants like polychlorinated biphenyls (PCBs) or pesticides. Information that primarily focuses on how recreational anglers can select and prepare products to minimize risk is included.

#### **Mercury [6]**

This section describes food safety issues associated with mercury in fish and shellfish. Information on mercury in common seafood products and how to select and prepare products to minimize risk is included.



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#### **Source URL:**

<https://www.seafoodhealthfacts.org/seafood-safety/general-information-healthcare-professionals/seafood-safety-topics>

## Links

[1]

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[2]

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[3]

<https://www.seafoodhealthfacts.org/seafood-safety/general-information-healthcare-professionals/seafood-safety-topics/parasites>

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