



Seafood Health Facts: Making Smart choices

Balancing the Benefits and Risks of Seafood Consumption

Resources for Healthcare Providers and Consumers

[Seafood Safety Topics \[1\]](#)

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

Publications addressing food safety issues associated with microbial pathogens like bacteria and viruses that could be associated with certain types of seafood products.

[Parasites \[3\]](#)

Links to CDC and FDA publications addressing parasites commonly found in seafood products.

[Toxins \[4\]](#)

This section provides food safety publications addressing the 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 addressed.

[Man Made Pollutants \[5\]](#)

Scientific publications addressing health effects of low-level exposure to man-made pollutants such as PCBs are included.

[Mercury \[6\]](#)

This section contains links to key scientific publications investigating the effects of mercury exposure on neurological and developmental health.



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