

9 familiar types of fish should not eat too much if you don't want to ruin your health

Let's TipsMake.com notice 9 familiar types of fish should not eat too much if you do not want to ruin the health below!

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Obviously, all of us know that fish is a food that is not only delicious but also nutritious and healthy. However, there are some types of fish that **contain certain levels of mercury** that are recommended not to eat much, which will affect your health rather than benefit.

On this list there are familiar types of fish in our meals such as mackerel, tilapia, eel . The harm they bring will make many people sweat.

No matter how much you like fish, you need to be careful and considerate before eating unhealthy fish. Let's TipsMake.com notice **9 familiar types of fish should not eat too much if you do not want to ruin the health** below!

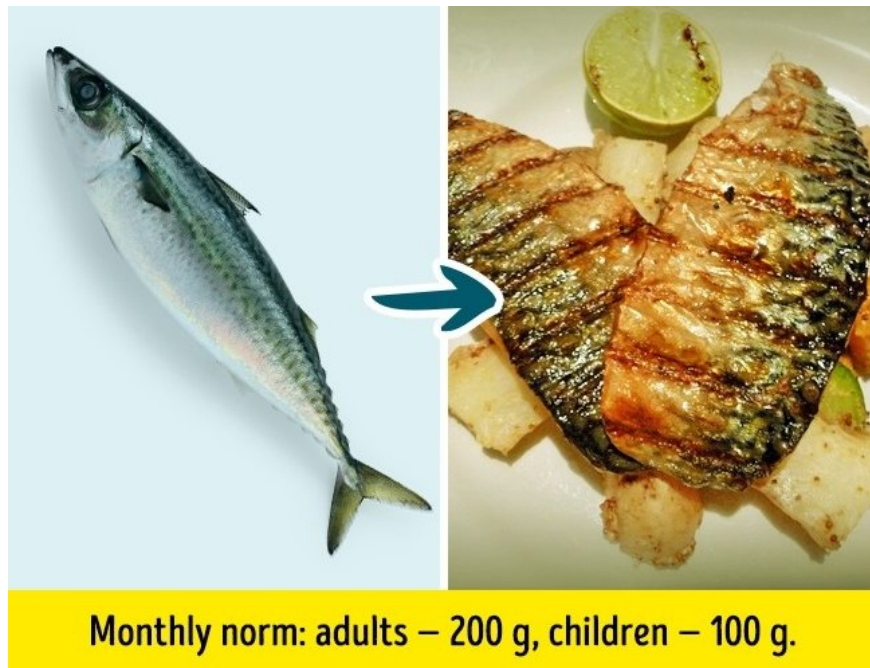
Catfish



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Catfish can grow and grow with considerable size. To accelerate their development, many catfish farmers also feed them more **growth hormones**, especially those imported from Asian countries. Therefore, do not eat a lot of nourished catfish. In particular, young children should not eat this fish. Moreover, catfish grow freely less dangerously and have higher nutritional value.

Mackerel

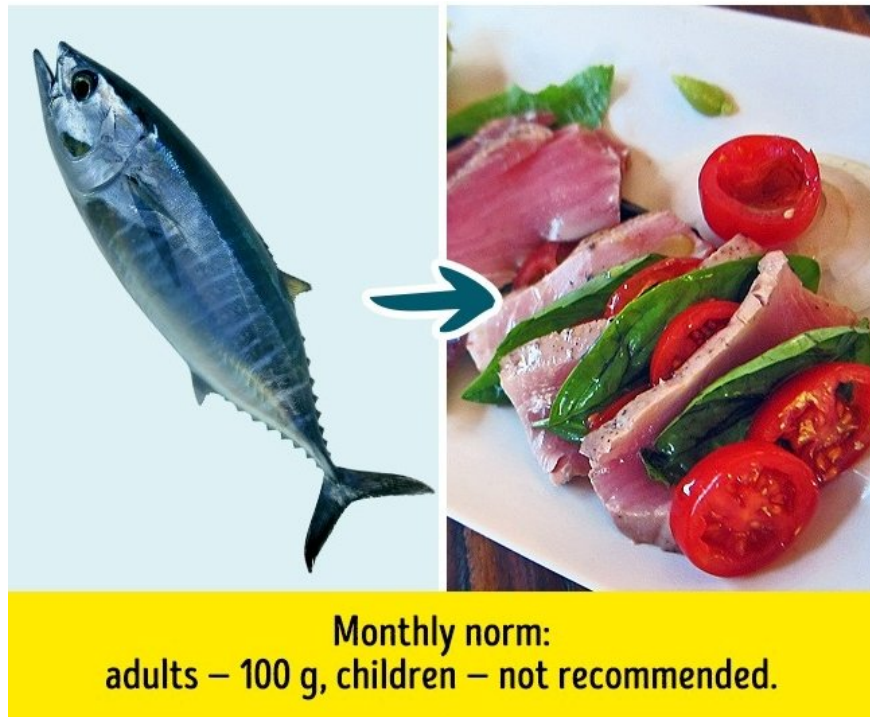


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Mackerel is a popular and quite popular fish in the market. Mackerel contains a certain amount of mercury. This type of substance is very difficult to eliminate when entering the human body, can cause many different diseases. Atlantic Mackerel is the least dangerous fish and consumers can use it at a higher frequency.

Nutrition experts recommend adults only eat about 200g and young children should eat about 100g of mackerel monthly.

Tuna



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Tuna is a fish that contains a lot of toxic mercury, especially blackfin and bluefin tuna . In addition, with live tuna in nourishing environment, they often eat antibiotics and hormones, creating bad substances for the human body.

Use tuna in one month: adults about 100g, young children should not eat.

Tilapia tilapia



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Tilapia tilapia is recommended not to eat because they do not have many healthy fatty acids. On the contrary, high levels of harmful fats are as high as lard. This fish is an endemic emperor of Africa, except for one species that is also distributed in the Middle East. If you eat tilapia too much, it will lead to an increase in cholesterol, making your body more sensitive to allergens.

Ideally, people with cardiovascular disease, asthma or arthritis should not eat this fish.

Lamprey



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Eel contains high fat. They are easy to absorb industrial and agricultural waste in water. The US eel has the highest level of poisoning. European eels are also polluted and contain large amounts of mercury.

Using eels for one month: adults about 300g, children about 200g.

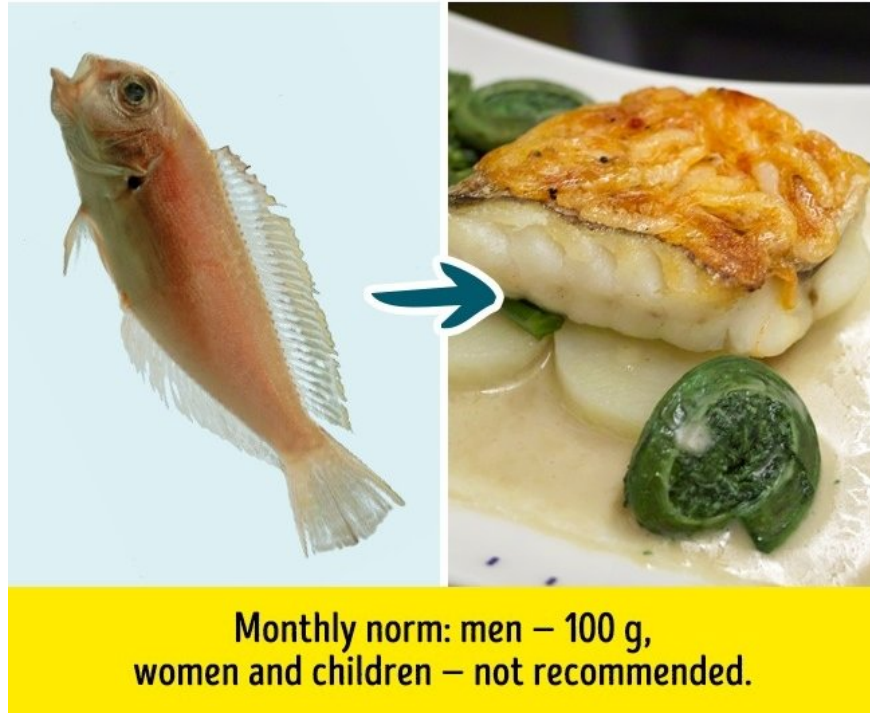
Catfish



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Most of the **pangasius** that we see in stores has origins in Vietnam, particularly from the Mekong River - which is considered one of the most polluted waters in the world. Moreover, pangasius fillets contain nitrofurazone and polyphosphates (*carcinogens*).

The fish is twisted



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The coarse fish , also known as the square head fish, the dug herring is at the top of the list of fish that are easily contaminated with mercury, increasing the risk of food poisoning.

Using fish in one month: men about 100g, women and children should not eat.

Sea bass fish (Grouper)

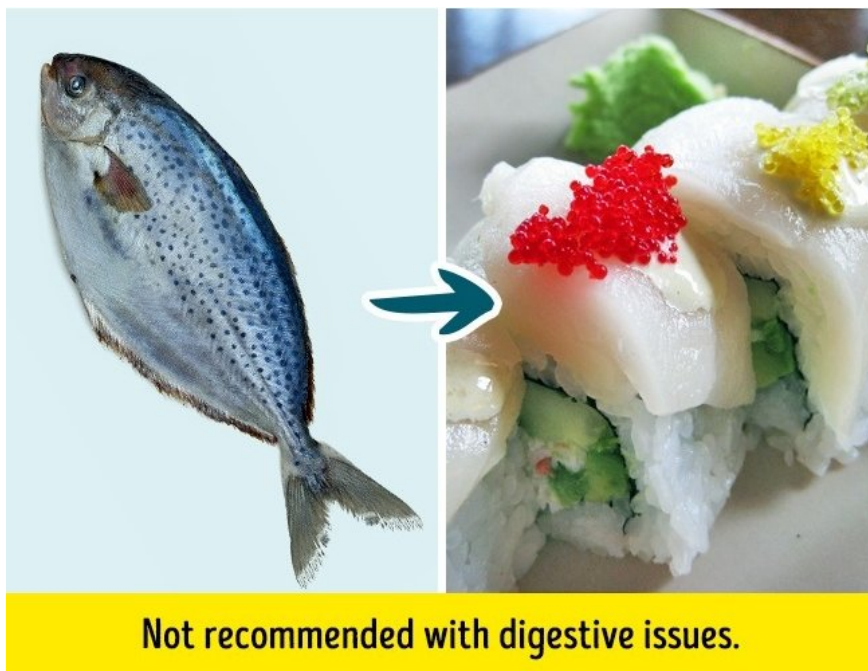


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Sea bass fish is a fish belonging to serranidae, in which perciformes bass also contains a large amount of mercury.

Using sea bass in 1 month: adults about 200g, young children about 100g.

Dollarfish fish (dollar fish)



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This **dollarfish fish** is commonly known as oiled, containing **gempylotoxin** - a non-metabolizable wax. This is a substance that does not cause much harm to the body, but can lead to indigestion. To reduce the amount of gempylotoxin, people often fry or grill them. People with digestive diseases should not eat this fish.

To choose a fresh, delicious fish is not a simple thing, sometimes it is difficult to see if the fish is fresh or spoiled. So, refer to a few tips in the article Simple tips to help you identify fresh and delicious fish so you can choose the right fish both fresh and delicious.

Having fun!

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