

# FDA Issues Canned Tuna Recall

The makers of Chicken of the Sea brand tuna have recalled some products due to leaky seals.

By Emily Main

Topics: [mercury](#), [food safety](#), [fish and seafood](#)



## what you can do

Toss out your bad cans, and find low-mercury alternatives to standard store-bought tuna.

Which all begs the question, should you even bother with tuna? Independent tests for [mercury in tuna](#) have revealed that nearly all canned and fresh tuna on the market exceed the safe levels of mercury set by the Environmental Protection Agency. And, after all, [canned tuna](#) comes in cans, which are lined with a toxic chemical called [bisphenol A](#) that's been found to disrupt hormones, increase inflammation (which can lead to heart disease), and effect the reproductive development of babies. Rodale.com will be looking into whether or not tuna really should be a part of a healthy diet in the coming days, but until then, here are a few tuna alternatives to satisfy your seafood cravings.

- **Buy American.** Tuna caught off the California coast is one of the [safest tunas to eat](#) because the stocks are younger and therefore have lower levels of mercury. They're also caught in a manner that's easier on other aquatic wildlife: Rather than using nets, which result in a lot of bycatch and harm to other species, fishermen out there use ordinary fishing poles. You can purchase American Tuna brand Pacific tuna, which happens to come in BPA-free cans, online at [Heritage Foods USA](#). Another brand of low-mercury tuna packaged in BPA-free cans is [Wild Planet](#), which you may also find at a nearby natural foods store.

- **Learn to love salmon filets.** And other forms of seafood. Tuna has omega-3 fatty acids, which are good for brain health, but so do other healthier and more sustainable caught fish like wild Alaskan salmon and sardines, as well as other fish species that are on the Monterey Bay Aquarium's [Super Green List](#) of seafood that is high in omega-3s, low in contaminants, and fished in more environmentally responsible manners.