

Roughy (Fish & Seafood)

Interesting facts: The orange roughy, red roughy, slimehead, or deep sea perch is a relatively large deep-sea fish belonging to the slimehead family. Uncooked orange roughy will have a pearly white meat, with the skin side sometimes showing an orange to brown color. The moist, mild and delicate flavor of the orange roughy has made it very popular.

What to avoid: Orange roughy can contain elevated amounts of mercury according to the Environmental Defense Fund. Avoid eating this fish.