

Shark (Fish & Seafood)

Interesting facts: Sharks do not have a single bone in their bodies. Shark liver oil used to be the main source of vitamin A for humans. The liver of a basking shark can weigh over 1,800 pounds and contain 600 gallons of oil. A pair of shoes made of shark leather can last four times longer than shoes made with regular leather.

What to avoid: Shark meat has one of the highest mercury and heavy metal ratings so restrict from eating or avoid.