

Why Eat Fish?

Pregnant or nursing women, who eat fish that is high in omega-3 fatty acids, will pass these nutrients to their babies and support healthy brain and eye development.

How Much Fish to Eat?

Health experts recommend that women eat 8-12 ounces/week and children (ages 2-6) eat 2 ounces/week. Three ounces of fish is about the size of a deck of cards.

Before Eating Fish That You Catch

Check your State's Health Department advisory at www.fish4health.net and get information on locally caught fish in order to avoid eating unsafe fish.

Do Not Eat Raw Fish

When pregnant, avoid eating raw oysters, raw fish (sushi) or refrigerated smoked fish. Do not feed raw fish to infants or children.

Visit our Website

www.fish4health.net

Monitor your seafood and healthy fat intake along with your mercury exposure by using our free iPhone or Android app.

fish4health

Winner of 2011 Babble Award for top 25 pregnancy apps.

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Fish for Your Health™



Advice for
Pregnant or Nursing
Women, Women Who
May Become Pregnant
& Children (2-6 years)

Advice for Pregnant or Nursing Women & Women Who May Become Pregnant

Best Choices Lowest in Mercury & Highest in Healthy Fats	Lowest Mercury 12 ounces per week	Moderate Mercury 4 ounces per week	High Mercury / PCB* Do Not Eat
<p>anchovy herring mackerel (Atlantic, jack, chub) rainbow trout (farm raised) salmon (wild or farm raised) sardine shad (American) whitefish</p> <p>Eating as little as 6 ounces per week of these fish will provide the recommended amount of healthy omega-3 fatty acids.</p>	<p>catfish (farm raised) clam cod crab flatfish (flounder, plaice, sole) haddock herring mackerel (Atlantic, jack, chub) mullet oyster (cooked) pollock rainbow trout (farm raised) salmon (wild or farm raised) sardine scallop shrimp squid tilapia tuna (canned Skipjack or Light) whitefish</p>	<p>bass (saltwater, black) buffalo fish carp grouper halibut lobster (northern, Maine, Atlantic) mahi mahi (Dolphin-fish) perch (freshwater) Pompano (Florida) sablefish sea trout (weakfish) snapper Spanish mackerel (S. Atlantic) tilefish (Atlantic) tuna (canned Albacore, Yellowfin, or White) white croaker (Pacific)</p>	<p>bass (striped)* bluefish* Chilean sea bass golden snapper jack (Amberjack, Crevalle) king mackerel marlin orange roughy sea lamprey shark Spanish mackerel (Gulf of Mexico) swordfish tilefish (Gulf of Mexico) tuna (all fresh or frozen) walleye (Great Lakes)</p> <p>*PCB (polychlorinated biphenyls) are higher in these species</p>

Excessive mercury can pass through the placenta or mother's milk and harm your baby. Do not eat fish from the high mercury category. If you eat 4 ounces from the moderate category, don't eat any more fish from this category until the next week.