

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* <b>Do Not Eat</b>
<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<sup>but</sup> provides 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) mahimahi (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.

## 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 with your State's Health Department for a fish consumption advisory for locally caught fish and avoid eating highly contaminated fish. Visit our website.

## 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.

## Learn More

For more information please visit our website:

[www.fish4health.net](http://www.fish4health.net)

C.R. Santerre, Ph.D.  
Foods and Nutrition  
Purdue University  
santerre@purdue.edu

Copyright 2009  
Graphics by Sara Wislocki

Printing Supported by:



CDC Grant/Coop. Agree. #5 U38 EH000177-02. Contents do not necessarily represent the official views of CDC.

# Fish for Your Health™



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