



Fish for Your Health™

Advice for pregnant or nursing women,
women that will become pregnant, and
children under 6 years of age



1. **Eat fish** – Health experts recommend that women eat 8-12 ounces/week (weight before cooking) of fish. Children, ages 2-6, should eat at least 2 ounces/week. As a reference, 3 ounces of fish is about the size of a deck of cards. Women that eat fish which contains omega-3 fatty acids (EPA & DHA) will pass these nutrients to their babies and support healthy brain and eye development.

Best Choices: Eating six ounces/week of the following fish provides the recommended amounts of healthy fats and will minimize your baby’s exposure to pollutants: salmon (wild or farm-raised), rainbow trout (farm-raised), herring, mackerel (Atlantic, Jack, chub), sardine, shad (American), whitefish.

2. **Before eating recreationally-caught fish**, check our *Fish4Health* website below for your State’s fish consumption advisory and avoid eating fish that is heavily contaminated with pollutants. If a fish that you caught is not listed in the advisory, then eat no more than 1 meal per month. If you are unsure about the safety of the fish that you caught, be safe - ‘catch-and-release’.

3. **Minimize your exposure to pollutants in commercial fish** - follow the advice given below. (Ex: If you eat 4 ounces of albacore tuna, then don’t eat any other fish from this category until the following week.)

Level of Mercury or PCBs**	Maximum Amount for Adults to Eat	Commercial Fish Species
Lowest	12 ounces per week (2 meals /week)	anchovy , butterfish, catfish (farm-raised), clam, cod, crab (Blue, King and Snow), crayfish (also called crawfish), croaker (Atlantic), flatfish (Flounder, Plaice, Sole), haddock, hake, herring , jacksmelt, lobster (spiny), mackerel (Atlantic, Jack, chub) , mullet, oyster (cooked), perch (ocean), pickerel, pollock, rainbow trout (farm-raised) , shad (American) , salmon (wild or farm-raised) , sardine , scallop, shrimp, squid, tilapia, tuna (Skipjack, Light, canned), whitefish , whiting <i>(bolded fish contain more of the healthy omega-3 fats)</i>
Moderate	4 ounces per week (1 meal/2 weeks)	bass (black), buffalo fish, carp, perch (freshwater), grouper, halibut, lobster (northern, Maine, Atlantic), mahi mahi (Dolphin-fish), Pompano (Florida), sablefish, sea trout (weakfish), scorpion fish, snapper, Spanish mackerel (S. Atlantic), tilefish (Atlantic), tuna (Albacore, Yellowfin, White, canned), white croaker (Pacific)
High	Do not eat	bass (striped)**, bluefish**, Chilean sea bass, jack (Amber, Crevalle), king mackerel, marlin, orange roughy, shark, Spanish mackerel (Gulf of Mexico), swordfish, tilefish (also called golden bass or golden snapper - Gulf of Mexico), tuna (all fresh or frozen), walleye (Great Lakes, Canada)

**PCBs (polychlorinated biphenyls) are environmental pollutants that are higher in these species.

Breastfeeding provides the infant with important nourishment and is recommended for infants until 1-year of age. If you do not eat fish, consider eating omega-3 enriched eggs. Otherwise, discuss with your physician the option of taking a fish oil or an algal-oil dietary supplement that contains DHA and/or EPA. One capsule every day should provide an adequate amount of healthy fats (no need to exceed 2 capsules per day). For supplements, look for the USP (U.S. Pharmacopeia) certification on the label.

Pregnant women and children should only eat seafood that has been properly cooked. Fish should reach 145°F for at least 15 seconds. Do not eat raw oysters, raw fish (sushi) or refrigerated smoked fish (often labeled as "nova-style," "lox," "kippered," "smoked," or "jerky"). All women and children should avoid puffer fish (also called fugu, blowfish or sea squab).

Seafood allergies - Do not feed shrimp, crab, lobster, crayfish, or fish to 'high-risk' infants or children until age 3 or older. High-risk infants or children are those where both parents have allergies (especially serious allergies that include food allergies, bee sting allergy, pollen allergy, etc.). These children may be more likely to develop allergies to seafoods, especially in the early years of life.

Website: <http://www.fish4health.net>