

## 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 per week and children (ages 2-6) eat 2-4 ounces per 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](http://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](http://www.fish4health.net)

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

**fish4health**

Winner of 2011 Babble Award for top 25 pregnancy iPhone 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* <b>Do Not Eat</b>
<p>anchovy herring lake whitefish (Great Lakes) mackerel (Atlantic, jack, chub) rainbow trout (farm raised) salmon (wild or farm raised) sardine shad (American)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Eating 8 ounces per week of these fish will provide the recommended amount of healthy omega-3 fatty acids.</p> </div>	<p>catfish, pangasius, swai, basa clam cod crab flatfish (flounder, plaice, sole) haddock herring lake whitefish (Great Lakes) 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)</p>	<p>bass (saltwater, black) buffalo fish carp grouper halibut jack, California yellowtail lobster(northern, Maine, Atlantic) mahi mahi (Dolphin-fish) perch (saltwater) Pompano (Florida) sablefish sea trout (weakfish) snapper Spanish mackerel (S. Atlantic) tilefish (Atlantic) tuna (canned or fresh Albacore, Yellowfin, or canned White) walleye (Great Lakes) white croaker (Pacific)</p>	<p>bass (striped)* bluefish* Chilean sea bass golden snapper jack, amberjack (Gulf of Mexico) jack, crevalle (Gulf of Mexico) king mackerel marlin orange roughy sea lamprey shark Spanish mackerel (Gulf of Mexico) swordfish tilefish (Gulf of Mexico) tuna (all other fresh or frozen) wahoo, ono</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.