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.

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.

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.

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: fn.cfs.purdue.edu/fish4health/
C.R. Santerre, Ph.D.
Foods and Nutrition
Purdue University
santerre@purdue.edu

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SUSTAINABLE SEAFOOD FORUM

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<table>
<thead>
<tr>
<th>Best Choices</th>
<th>Lowest Mercury</th>
<th>Moderate Mercury</th>
<th>High Mercury / PCB*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest in Mercury &amp; Highest in Healthy Fats</td>
<td>12 ounces per week</td>
<td>4 ounces per week</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td>catfish (farm raised)</td>
<td>bass (saltwater, black)</td>
<td>bass (striped)*</td>
<td></td>
</tr>
<tr>
<td>clams</td>
<td>buffalo fish</td>
<td>bluefish*</td>
<td></td>
</tr>
<tr>
<td>cod</td>
<td>carp</td>
<td>Chilean sea bass</td>
<td></td>
</tr>
<tr>
<td>crab</td>
<td>freshwater perch</td>
<td>golden snapper</td>
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<tr>
<td>flounder, plaice, sole</td>
<td>grouper</td>
<td>jack (Amberjack, Crevalle)</td>
<td></td>
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<tr>
<td>haddock</td>
<td>halibut</td>
<td>king mackerel</td>
<td></td>
</tr>
<tr>
<td>herring</td>
<td>lobster (northern, Maine, Atlantic)</td>
<td>marlin</td>
<td></td>
</tr>
<tr>
<td>mackerel (Atlantic, jack, chub)</td>
<td>mahi mahi (Dolphin-fish)</td>
<td>orange roughy</td>
<td></td>
</tr>
<tr>
<td>mullet</td>
<td>Pompano (Florida)</td>
<td>shark</td>
<td></td>
</tr>
<tr>
<td>oysters (cooked)</td>
<td>sablefish</td>
<td>Spanish mackerel (Gulf of Mexico)</td>
<td></td>
</tr>
<tr>
<td>pollock</td>
<td>sea trout (weakfish)</td>
<td>swordfish</td>
<td></td>
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<tr>
<td>rainbow trout (farm raised)</td>
<td>snapper</td>
<td>tilapia</td>
<td></td>
</tr>
<tr>
<td>salmon (wild or farm raised)</td>
<td>Spanish mackerel (S. Atlantic)</td>
<td>tuna (Gulf of Mexico)</td>
<td></td>
</tr>
<tr>
<td>sardines</td>
<td>tilefish (Atlantic)</td>
<td>troll (all fresh or frozen)</td>
<td></td>
</tr>
<tr>
<td>scallops</td>
<td>tuna (Albacore, Yellowfin, White, canned)</td>
<td>walleye (Great Lakes)</td>
<td></td>
</tr>
<tr>
<td>shrimp</td>
<td>white croaker</td>
<td>*PCB (polychlorinated biphenyls) are higher in these species</td>
<td></td>
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<tr>
<td>squid</td>
<td>whitefish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>tilapia</td>
<td>tuna (Skipjack, Light, canned)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>trout (farm raised)</td>
<td>whitefish</td>
<td></td>
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<tr>
<td>whitefish</td>
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</table>

Eating as little as 6 ounces per week of these fish provides the recommended amount of healthy omega-3 fatty acids.

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.

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

- catfish (farm raised)
- clams
- cod
- crab
- flounder, plaice, sole
- haddock
- herring
- mackerel (Atlantic, jack, chub)
- mullet
- oysters (cooked)
- pollock
- rainbow trout (farm raised)
- salmon (wild or farm raised)
- sardines
- scallops
- shrimp
- squid
- tilapia
- trout (farm raised)
- whitefish
- bass (saltwater, black)
- buffalo fish
- carp
- freshwater perch
grouper
- halibut
- lobster (northern, Maine, Atlantic)
- mahi mahi (Dolphin-fish)
Pompano (Florida)
sablefish
- sea trout (weakfish)
- snapper
Spanish mackerel (S. Atlantic)
tilefish (Atlantic)
tuna (Albacore, Yellowfin, White, canned)
white croaker (Pacific)

*PCB (polychlorinated biphenyls) are higher in these species