

EAT FISH

~~~~~ *It's good for you!* ~~~~~

What pregnant and breastfeeding women and parents of young children need to know.

Fish are nutritious and most are very safe to eat.

- Fish have protein and healthy fats, called omega-3s, which are not found in other meats.
- Omega-3s are good for your heart and brain.
- The nutrients in fish are especially important as your baby develops during pregnancy, throughout breastfeeding, and as your young child grows.
- Some fish may contain a chemical called mercury. Too much mercury in your diet can be harmful. It's best to eat fish that are lower in mercury.

## How can you safely eat fish?

- Eat a variety of fish that are lower in mercury.
- Eat the amounts of fish shown on the other side of this pamphlet.
- Eat only the flesh or meat of the fish. Throw away the bones, head, guts, fat, and skin.
- Avoid shark, swordfish, tilefish, or king mackerel. They are highest in mercury.
- Avoid raw and undercooked fish and shellfish.



# CHOOSE SAFE FiSH



Follow these tips to enjoy the health benefits of eating fish low in mercury and high in omega-3s.

## 1. Safe to Eat

Eat fish from the list below 2 to 3 times a week. Choose fish from stores or restaurants.

- For women, eat about 8 to 12 ounces a week total.
- For young children, eat about 3 to 5 ounces a week total.

Enjoy the following fish, which are lower in mercury. Fish in **bold** are rich in omega-3s.

- Catfish
- Cod (often used in fish sticks)
- Chunk Light Tuna (canned)
- **Mackerel** (not King Mackerel)
- **Pollock**
- **Salmon**
- **Sardines**
- Shrimp
- **Squid**
- Tilapia
- **Trout**

Albacore (“white”) Tuna has more mercury than chunk light tuna. Limit albacore tuna to 6 ounces or less a week.

WIC foods include canned: chunk light tuna, **mackerel**, **pink salmon** and **sardines**.

## 2. Do Not Eat

These fish are high in mercury.

- Shark
- King Mackerel
- Swordfish
- Tilefish

## 3. Fish Caught

Always check local advisories about the safety of fish caught in California coastal waters and fresh water lakes, rivers and reservoirs by yourself, family or friends.

It's OK to eat:

- 2 servings a week of Rainbow Trout, or
- 1 serving a week of Bluegill or other Sunfish, Bullhead, Catfish, or Brown Trout under 16 inches

Do not eat:

- Bass, Brown Trout over 16 inches, or Carp

For local fishing information, contact: Local Public Health Department, or California Environmental Protection Agency, Office of Environmental Health Hazard Assessment at: (916) 327-7319 or (510) 622-3170  
[www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)



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