

# Fish for Your Health™



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

## 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.

## 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 app.

**fish4health**

Winner of 2011 Babble Award for top 25 pregnancy apps.

## 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.

## 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.

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

| Best Choices<br>Lowest in Mercury &<br>Highest in Healthy Fats   | Lowest Mercury<br>12 ounces per week  | Moderate Mercury<br>4 ounces per week  | High Mercury / PCB*<br><b>Do Not Eat</b>   |
|--|---|--|--|
| anchovy<br>herring<br>mackerel (Atlantic, jack, chub)<br>rainbow trout (farm raised)<br>salmon (wild or farm raised)<br>sardine<br>shad (American)<br>whitefish<br><br>Eating as little as 6 ounces per week of these fish will provide the recommended amount of healthy omega-3 fatty acids. | catfish (farm raised)<br>clam<br>cod<br>crab<br>flatfish (flounder, plaice, sole)<br>haddock<br>herring<br>mackerel (Atlantic, jack, chub)<br>mullet<br>oyster (cooked)<br>pollock<br>rainbow trout (farm raised)<br>salmon (wild or farm raised)<br>sardine<br>scallop<br>shrimp<br>squid<br>tilapia<br>tuna (canned Skipjack or Light)<br>whitefish | bass (saltwater, black)<br>buffalo fish<br>carp<br>grouper<br>halibut<br>lobster (northern, Maine, Atlantic)<br>mahi mahi (Dolphin-fish)<br>perch (freshwater)<br>Pompano (Florida)<br>sablefish<br>sea trout (weakfish)<br>snapper<br>Spanish mackerel (S. Atlantic)<br>tilefish (Atlantic)<br>tuna (canned Albacore, Yellowfin, or White)<br>white croaker (Pacific) | bass (striped)*<br>bluefish*<br>Chilean sea bass<br>golden snapper<br>jack (Amberjack, Crevalle)<br>king mackerel<br>marlin<br>orange roughy<br>sea lamprey<br>shark<br>Spanish mackerel (Gulf of Mexico)<br>swordfish<br>tilefish (Gulf of Mexico)<br>tuna (all fresh or frozen)<br>walleye (Great Lakes)<br><br>*PCB (polychlorinated biphenyls) are higher in these species |

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.