WHICH FISH & HOW MUCH For pregnant women, women who may become pregnant, nursing moms & children age 2–6 years.

Why Eat Fish? A pregnant or nursing woman who eats fish high in omega-3 fatty acids will pass these nutrients to their babies and support healthy brain and eye development.

How Much Fish is OK? Health experts recommend that women eat 8–12 ounces each week and children (ages 2–6 years) eat 2 ounces each week. Three ounces of fish is about the size of a deck of cards.

Before Eating Fish Caught Locally Check with your state’s health department for a fish consumption advisory for locally caught fish and avoid eating highly contaminated fish.

Don’t Eat Raw Fish if you’re pregnant, avoid eating raw oysters, raw fish (sushi) or refrigerated smoked fish. Don’t feed raw fish to infants or children.

Learn More Visit www.doh.state.fl.us/floridafishadvice/ and www.fish4health.net for more information.

Adapted from C.R. Santerre, PhD, Foods and Nutrition, Purdue University, santerre@purdue.edu

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**Best Choices**
Lowest in Mercury & Highest in Healthy Fats

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

- Anchovies
- Herring
- Mackerel—Atlantic, Jack, Chub
- Rainbow Trout—farm raised
- Salmon—wild or farm raised
- Sardines
- Shad—American
- Whitefish

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**Lowest Mercury**
12 ounces per week

- Catfish—farm raised
- Clams
- Cod
- Crab
- Flatfish—Flounder, Plaice, Sole
- Haddock
- Herring
- Mackerel—Atlantic, Jack, Chub
- Mullet
- Oysters—cooked
- Pollock
- Rainbow Trout—farm raised
- Salmon—wild or farm raised
- Sardine
- Scallops
- Shrimp
- Squid
- Tilapia
- Tuna—canned Skipjack or Light
- Whitefish

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**Moderate Mercury**
4 ounces per week

- Bass—Saltwater, Black
- Buffalo Fish
- Carp
- Grouper
- Halibut
- Lobster—Northern, Maine, Atlantic
- Mahi Mahi—Dolphin-fish
- Perch—freshwater
- Pompano—Florida
- Sablefish
- Sea Trout—Weakfish
- Snapper
- Spanish Mackerel—South Atlantic
- Tilefish—Atlantic
- Tuna—canned Albacore, Yellowfin or White
- White Croaker—Pacific

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**High Mercury/PCB**
Do Not Eat

(PCB: polychlorinated biphenyls are higher in these species)

- Bass—Striped*
- Bluefish*
- Chilean Sea Bass
- Golden Snapper
- Jack—Amberjack, Crevalle
- King Mackerel
- Marlin
- Orange Roughy
- Sea Lamprey
- Shark
- Spanish Mackerel—Gulf of Mexico
- Swordfish
- Tilefish—Gulf of Mexico
- Tuna—all fresh or frozen
- Walleye—Great Lakes

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Excessive mercury can pass through the placenta or breast 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.