

Eat Fish, Choose Wisely

Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them. The "Best Choices" have the lowest levels of mercury.

- ❖ **Pregnant women, breastfeeding women, women who may become pregnant, and children 11 years and older:** Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving a week from the "Good Choices" list. The serving size for adults and children 11 years and older is 4 ounces.
- ❖ **Infants and children 6 months to 10 years:** Eat 1 to 2 servings of fish a week from the "Best Choices" list. Serving size based on age:
Ages 6 months to 3 years: 1 ounce **Ages 4 to 7 years: 2 ounces** **Ages 8 to 10 years: 3 ounces**
- ❖ **If you eat fish caught by family or friends, check for local or state fish advisories.**
 In Florida, some of the fish advisories say do not eat OR eat no more than once per month the following fish: Black Crappie, Chain Pickerel, Crevalle Jack, Great Barracuda, and Largemouth Bass.

What is a serving of fish?

To find out, use the palm of your hand.



Adults and children 11 years and older:
4 ounces

Best Choices Lowest in Mercury	OR	Good Choices Moderate in Mercury
<p>Best Choices that are Highest in Healthy Fats</p> <ul style="list-style-type: none"> Anchovies Herring Mackerel - Atlantic, Pacific Chub, and Jack Rainbow Trout - Farm Raised Salmon Sardines Shad Whitefish 	OR	<p>Adults and children 11 years and older: Eat 1 serving a week</p> <ul style="list-style-type: none"> Bluefish Buffalofish Carp Chilean Sea Bass/Pantagonian Toothfish Croaker - White and Pacific Grouper Halibut Mahi Mahi/Dolphinfish Monkfish Pompano - Florida Rockfish Sablefish Sheepshead Snapper Spanish Mackerel Striped Bass - Ocean Tilefish - Atlantic Ocean Tuna - Albacore and White, canned and fresh/frozen Weakfish/Seatrout
<p>Adults and children 11 years and older: Eat 2 to 3 servings a week Infants and children 6 months to 10 years: Eat 1 to 2 servings a week</p>		<p>Adults and children 11 years and older: Eat 1 serving a week</p>
<ul style="list-style-type: none"> Black Sea Bass Butterfish Catfish Clam Cod Crab Crawfish Croaker - Atlantic Flounder Haddock Hake Lobster - American and Spiny Mullet Oysters (cooked) Perch - Freshwater and Ocean Plaice Pollock 	OR	<ul style="list-style-type: none"> Scallop Shrimp Skate Smelt Sole Squid Tilapia Trout - Freshwater Tuna - canned Light and Skipjack Whiting

Do not eat these fish! Highest in Mercury

- Cobia
- King Mackerel
- Little Tunny
- Marlin
- Orange Roughy
- Shark
- Swordfish
- Tilefish - Gulf of Mexico
- Tuna - Bigeye and Blackfin



Mercury can pass through the placenta or breast milk and harm your baby. Too much mercury can also harm infants and young children.

Eat a variety of fish.

Caution: If you are pregnant, **do not eat** raw oysters, raw fish such as sushi, or refrigerated smoked fish. **Do not feed** raw fish or fish with bones to infants or children. **Do not eat** Puffer Fish.

Florida Department of Health
 WIC Program
 FloridaWIC.org
 HealthiestWeightFL.com

