

# EAT FISH

choose wisely



Advice for young children, pregnant or nursing women, & women who may become pregnant

For more information visit:  
[doh.state.fl.us/floridafishadvice](http://doh.state.fl.us/floridafishadvice)  
 & [www.floridatracking.com](http://www.floridatracking.com)

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 ■ CDC Grant/Coop. Agree #5 U38 EH000177-02. Contents do not necessarily represent the official views of CDC.

## OK to eat 2 meals each week of these fish.

Women can eat up to 6 ounces & young children can eat up to 3 ounces at **each meal**.

♥Fish high in healthy omega-3 fatty acids.

### FISH WITH LOW MERCURY

Anchovies♥	Rainbow Trout— <i>farm raised</i> ♥
Catfish— <i>farm raised</i>	Salmon— <i>wild or farm raised</i> ♥
Clams	Sardines♥
Cod	Scallops
Crab	Shad— <i>American</i> ♥
Flatfish— <i>Flounder, Plaice, Sole</i>	Shrimp
Haddock	Squid
Herring♥	Tilapia
Mackerel— <i>Atlantic, Jack, Chub</i> ♥	Tuna— <i>Canned Light or Skipjack</i>
Mullet	Whitefish♥
Oysters— <i>cooked</i>	Whiting
Pollock	

## Limit eating these fish.

Women can eat up to 4 ounces & young children can eat up to 2 ounces **each week** to replace 1 of their 2 fish meals.

### FISH WITH MODERATE MERCURY

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

## No to these fish high in mercury!

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

### FISH WITH HIGH MERCURY & \*POLYCHLORINATED BIPHENYLS

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

