



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.

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.

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.

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

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BEST CHOICES Lowest in Mercury & Highest in Healthy Fats		LOWEST MERCURY 12 ounces per week	
Eating as little as 6 ounces each week of these fish provides the recommended amount of healthy omega-3 fatty acids.		Catfish —farm raised	Rainbow Trout —farm raised
Anchovies		Clams	Salmon —wild or farm raised
Herring		Cod	Sardine
Mackerel —Atlantic, Jack, Chub		Crab	Scallop
Rainbow Trout —farm raised		Flatfish —Flounder, Plaice, Sole	Shrimp
Salmon —wild or farm raised		Haddock	Squid
Sardines		Herring	Tilapia
Shad —American		Mackerel —Atlantic, Jack, Chub	Tuna —canned Skipjack or Light
Whitefish		Mullet	Whitefish
		Oysters —cooked	
		Pollock	
MODERATE MERCURY 4 ounces per week		HIGH MERCURY/PCB Do Not Eat <small>(PCB: polychlorinated biphenyls are higher in these species)</small>	
Bass —Saltwater, Black	Sablefish	Bass —Striped*	Shark
Buffalo Fish	Sea Trout —Weakfish	Bluefish *	Spanish Mackerel —Gulf of Mexico
Carp	Snapper	Chilean Sea Bass	Swordfish
Grouper	Spanish Mackerel —South Atlantic	Golden Snapper	Tilefish —Gulf of Mexico
Halibut	Tilefish —Atlantic	Jack —Amberjack, Crevalle	Tuna —all fresh or frozen
Lobster —Northern, Maine, Atlantic	Tuna —canned Albacore, Yellowfin or White	King Mackerel	Walleye —Great Lakes
Mahi Mahi —Dolphin-fish	White Croaker —Pacific	Marlin	
Perch —freshwater		Orange Roughy	
Pompano —Florida		Sea Lamprey	

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.