

# Food and Nutrition ...EATING FISH 1/2017

FDA and EPA have issued **advice regarding eating fish**. This advice is geared toward helping women who are pregnant or may become pregnant - as well as breastfeeding mothers and parents of young children - make informed choices when it comes to fish that is healthy and safe to eat.

## Advice About Eating Fish

### What Pregnant Women & Parents Should Know

**Fish and other protein-rich foods have nutrients that can help your child's growth and development.**

**For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.**

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.\*

### Use this chart!

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

### What is a serving?



For an adult  
4 ounces



For children,  
ages 4 to 7  
2 ounces

To find out,  
use the palm  
of your hand!

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop		Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster,	Shad		Buffalofish	Rockfish	
Atlantic mackerel	American and spiny	Shrimp		Carp	Sablefish	Tuna, albacore/white tuna, canned and fresh/frozen
Black sea bass	Mullet	Skate		Chilean sea bass/ Patagonian toothfish	Sheepshead	
Butterfish	Oyster	Smelt		Grouper	Snapper	Tuna, yellowfin
Catfish	Pacific chub mackerel	Sole		Halibut	Spanish mackerel	Weakfish/seatrout
Clam	Perch, freshwater and ocean	Squid		Mahi mahi/ dolphinfish	Striped bass (ocean)	White croaker/ Pacific croaker
Cod	Pickrel	Tilapia				
Crab	Plaice	Trout, freshwater				
Crawfish	Pollock	Tuna, canned light (includes skipjack)				
Flounder	Salmon	Whitefish				
Haddock	Sardine	Whiting				
Hake						
<b>Choices to Avoid HIGHEST MERCURY LEVELS</b>						
				King mackerel	Shark	Tilefish (Gulf of Mexico)
				Marlin	Swordfish	Tuna, bigeye
				Orange roughy		

\*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

[www.FDA.gov/fishadvice](http://www.FDA.gov/fishadvice)

[www.EPA.gov/fishadvice](http://www.EPA.gov/fishadvice)



THIS ADVICE REFERS TO FISH AND SHELLFISH COLLECTIVELY AS "FISH." / ADVICE UPDATED JANUARY 2017