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Fish Recommendations in Pregnancy

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

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



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"Working Together for Women's Health"

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Mejores opciones

COMER DE 2 A 3
PORCIONES POR SEMANA

Sardina	Arenque	Perca, de agua dulce y de mar
Corvina	Tilapia	Boquerón o anchoa
Caballa	Lisa o pargo	Platija o lenguado
Róbalo	Ostra	Gado o abadejo
Palometa	Lucio	Pez gato o bagre
Salmón	Vieira	Trucha, de agua dulce
Almeja	Lacha	Atún, enlatado claro (incluye el bonito)
Bacalao	Camarón	Pescado blanco
Cangrejo	Raya	Estornino del Pacífico
Calamar	Pejerrey	Platija o lenguado
Egle fino	Lenguado	
Merluza	Cangrejo de río	

Buenas opciones

COMER 1
PORCIÓN POR SEMANA

Lutjánido o pargo	Blanquillo o lofolátilo (Océano Atlántico)
Caballa española	Atún, albacora/blanco, enlatado y fresco/congelado (Atún, aleta amarilla)
Chopa	Corvinata real/trucha de mar
Carpa	Corvina blanca/Corvina del Pacífico
Mero	Gallineta o pescado de roca
Rape	Bagre búfalo (<i>o bagre boca chica</i>)
Pez azul o anjova	Perca de mar chilena/Merluza negra
Halibut o fletán	
Dorado/pez delfín	
Bacalao negro	
Perca rayada (<i>de mar</i>)	

Opciones a evitar

LOS MÁS ALTOS NIVELES DE MERCURIO

Macarela rey o caballa	Blanquillo o lofolátilo (<i>Golfo de México</i>)	Aguja	Pez espada
Reloj anaranjado, raya o pez emperador	Atún de ojos grandes o patudo	Tiburón	

* Algunos pescados capturados por familiares y amigos, como la carpa grande, el pez gato, la trucha y la perca, es más probable que tengan recomendaciones de consumo debido al mercurio u otros contaminantes. Las recomendaciones estatales le dirán con qué frecuencia puede comer esos pescados en forma segura.

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