

Fish Consumption Advice

For

- ⇒ Pregnant Women,
- ⇒ Women of
Childbearing Age
- ⇒ Nursing Mothers
- ⇒ Young Children



For More Information, Contact:

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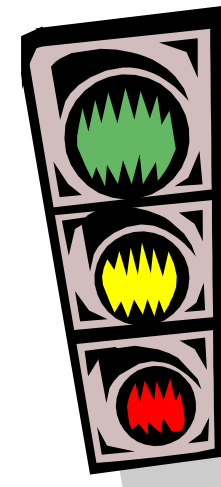
(This fact sheet is funded in part by funds from the Comprehensive Environmental Response, Compensation, and Liability Act trust fund through a cooperative agreement with the Agency for Toxic Substances and Disease Registry, Public Health Service, U.S. Department of Health and Human Services.)



Connecticut Department
of Public Health

A Women's Supermarket Guide To Fish Consumption

Find Out Which Fish To Eat:



⇐ **Best Choices**

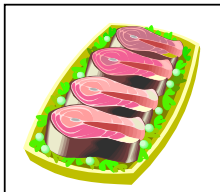
⇐ **Choose Less
Often**

⇐ **Avoid**






Fish are a good source of nutrients that are important to a baby's growth. Fish contain high levels of protein and omega-3 fatty acids, a key nutrient for brain development. Many health experts recommend eating fish during pregnancy.

However, some fish contain levels of methyl mercury that can be a risk during pregnancy or to young children (under 6). Therefore, carefully choose which fish to eat. The following will help you buy the best fish for you and your children.



How much fish should I eat?
Eat 2 fish meals per week (up to 12 ounces total) *
 -- Portion size should be smaller for children

Which Fish Should I Eat?
 Select from a variety of species – see chart below

<u>Best Choices:</u> 	<u>Choose Less Often:</u> 	<u>Avoid:</u> 
Haddock	Halibut	Swordfish
Sardines	Tuna Steak	Shark
Light tuna (canned)	White Tuna (canned)	King Mackerel
Atlantic Mackerel	Red Snapper	Tilefish
Flounder		Bluefish (over 25 inches)
Tilapia		Striped Bass
Cod		
Trout		
Pollock		
Perch		
Sole		
Salmon		
Catfish		
Herring		
Shellfish (oysters, shrimp, clams, scallops, lobster)		

***This advice is specifically for pregnant women, women of child-bearing age, nursing mothers and young children. Everyone else can eat more fish, although some limits are still recommended.**