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.*

Eat 2 to 3 servings of fish a week from the “Best Choices” list or 1 serving from the “Good Choices” list.

For an adult
4 ounces

For children, ages 4 to 7
2 ounces

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?

To find out, use the palm of your hand!

Best Choices

EAT 2 TO 3 SERVINGS A WEEK

<table>
<thead>
<tr>
<th>Anchovy</th>
<th>Atlantic croaker</th>
<th>Atlantic mackerel</th>
<th>Black sea bass</th>
<th>Butterfish</th>
<th>Catfish</th>
<th>Clam</th>
<th>Cod</th>
<th>Crab</th>
<th>Crawfish</th>
<th>Flounder</th>
<th>Haddock</th>
<th>Hake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Herring</td>
<td>Lobster, American and spiny</td>
<td>Mullet</td>
<td>Oyster</td>
<td>Pacific chub mackerel</td>
<td>Perch, freshwater and ocean</td>
<td>Pickerel</td>
<td>Plaice</td>
<td>Pollock</td>
<td>Salmon</td>
<td>Sardine</td>
<td>Scallops</td>
<td>Shad</td>
</tr>
</tbody>
</table>

OR

Good Choices

EAT 1 SERVING A WEEK

<table>
<thead>
<tr>
<th>Bluefish</th>
<th>Buffalofish</th>
<th>Carp</th>
<th>Chilean sea bass/ Patagonian toothfish</th>
<th>Grouper</th>
<th>Halibut</th>
<th>Mahi mahi/ dolphinfish</th>
<th>Monkfish</th>
<th>Rockfish</th>
<th>Sablefish</th>
<th>Sheephead</th>
<th>Snapper</th>
<th>Spanish mackerel</th>
<th>Striped bass (ocean)</th>
<th>Tilefish (Atlantic Ocean)</th>
<th>Tuna, Albacore/ white tuna, canned and fresh/frozen</th>
<th>Tuna, yellowfin</th>
<th>Weakfish/ sea trout</th>
<th>White croaker/ Pacific croaker</th>
</tr>
</thead>
</table>

Choices to Avoid

HIGHEST MERCURY LEVELS

<table>
<thead>
<tr>
<th>King mackerel</th>
<th>Shark</th>
<th>Tilefish (Gulf of Mexico)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marlin</td>
<td>Swordfish</td>
<td>Tuna, bigeye</td>
</tr>
<tr>
<td>Orange roughy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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
www.EPA.gov/fishadvice

THIS ADVICE REFERS TO FISH AND SHELLFISH COLLECTIVELY AS “FISH” / ADVICE UPDATED JANUARY 2017