

FDA U.S. FOOD & DRUG
ADMINISTRATION

EATING FISH:

A GUIDE FOR HISPANIC AMERICAN FAMILIES



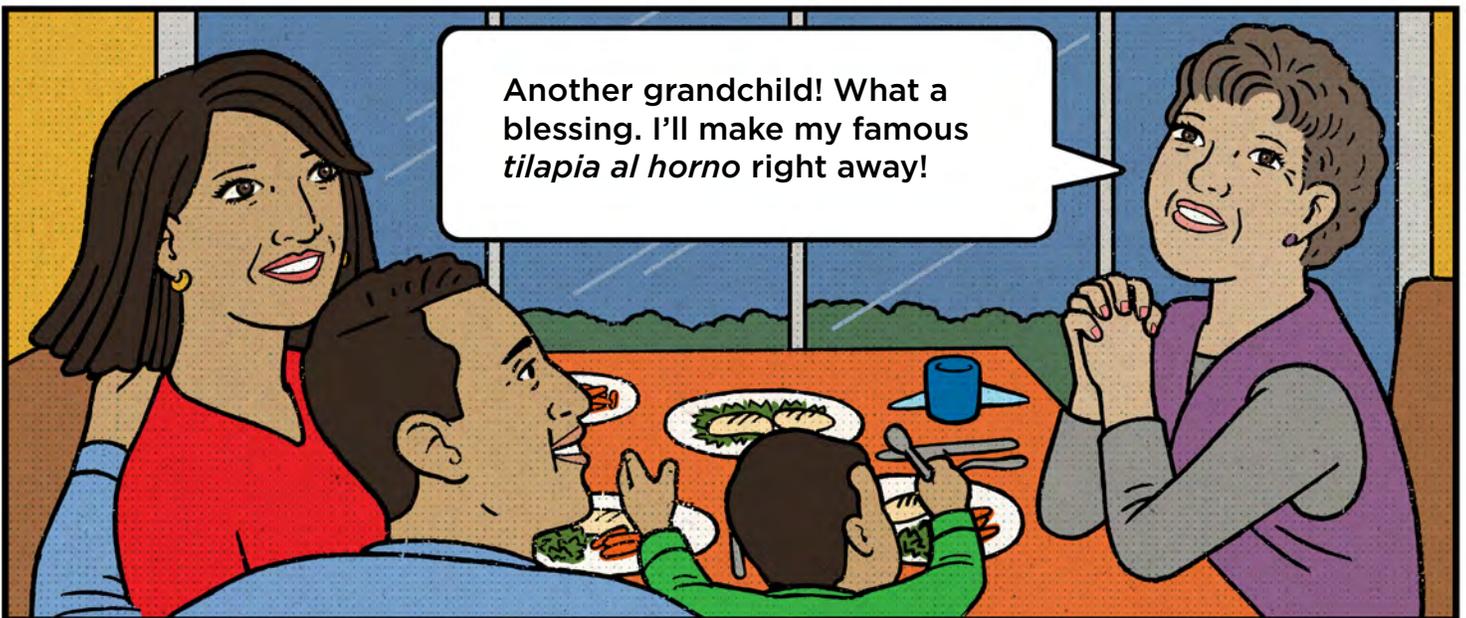
Read Camila's story to find out how important fish are as part of a healthy diet and for your child's growth and development and how you can eat fish while pregnant.

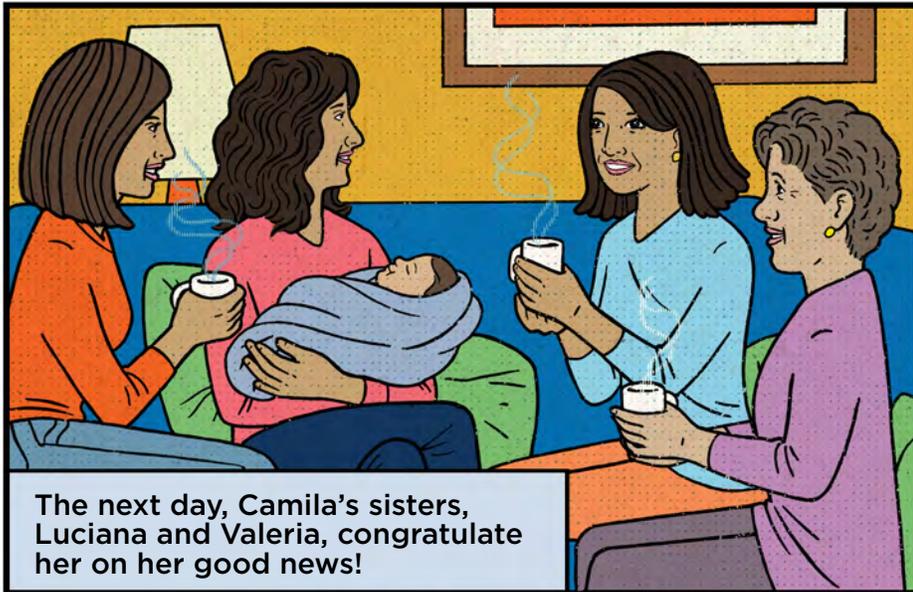


It's dinnertime at the Garcia home. Camila and Jose have a surprise for Carmen and Julio!



Guess what everybody? Jose and I have some happy news to share. We are going to have another baby!





The next day, Camila's sisters, Luciana and Valeria, congratulate her on her good news!



Make sure you get plenty of rest!



And go for walks!



And eat healthy.... And of course, lots of Mom's *tilapia al horno!*



It's our family secret to a healthy pregnancy, you know.



After they leave...

I'm so happy to be having another baby, but how am I going to keep working, care for Julio, and stay healthy at the same time?

You need to ask for help and get more sleep. And I'm glad you've been to the doctor. Next visit, talk to your doctor about how you can eat well and have a healthy baby!

That's a good idea.

Camila and Jose are at their doctor's office for a prenatal checkup.

Congratulations on your good news! But, why do you look so sad?

I'm not sad, I'm just nauseous from morning sickness and haven't had much of an appetite. I know that my mother's *tilapia al horno* will help keep me and the baby healthy, but I haven't been in the mood for it lately. I don't know what to do!

Don't worry! There are lots of different ways to eat healthy types of fish lower in mercury. FDA and EPA have developed a chart that makes it easy to choose what fish to eat. Their advice supports recommendations of the Dietary Guidelines for Americans.

See the full advice on page 5.

Eat 2 to 3 servings of fish per week from the Best Choices. 90% of fish eaten in the United States are included in the Best Choices list, so there are lots of options!

And just be sure to avoid ones that are listed under Choices to Avoid, as they may contain high levels of mercury, which can be harmful to an unborn baby and young children.

That is easy! But, what does "serving" mean?

A serving is how much is typically eaten at one time. For an adult, 1 serving is 4 ounces—about the size of the palm of your hand. Fish are full of key nutrients that support a child's brain development like omega-3 and omega-6 fats, iron, iodine, and choline. Fish are a source of other nutrients like protein, vitamin B12, vitamin D, and selenium too.

What will I tell my mother?

Show her this chart! While it is important to limit mercury in your diet, many types of fish are both nutritious and lower in mercury. She can cook so many different types of fish for you. You can tell her that eating a variety of fish is an important part of a nutritious diet—as long as it's cooked!

What do you mean?

Raw fish is not recommended for those who are pregnant or young children.

Luciana and Valeria are on their way to Camila's home for dinner...

I can't wait to eat Mom's *tilapia al horno* again!



...but they are in for a big surprise!

What is that?

Pescado con verduras!

This smells so good! But why didn't you make your delicious *tilapia al horno*?



We wanted to try something new!

There are lots of healthy ways to cook fish, like grilling or baking it like this.

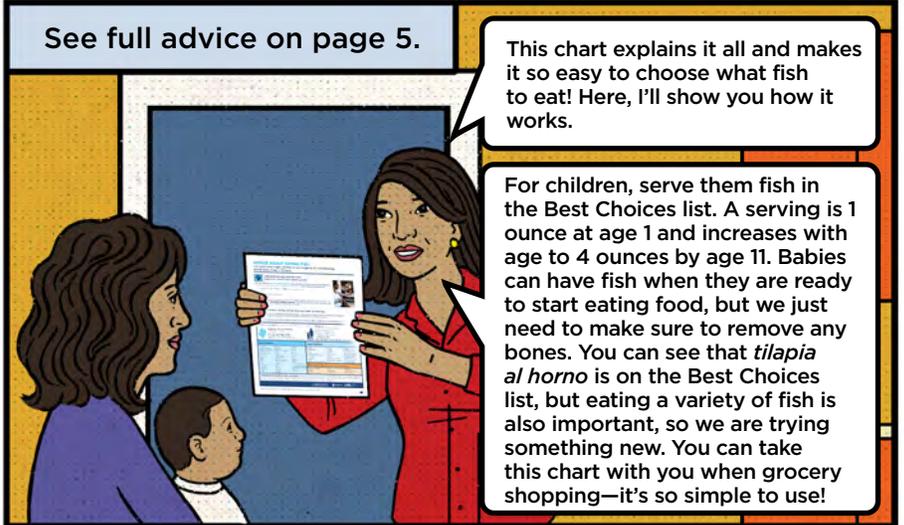
Knowing these things can help you feed your family a nutritious diet.



See full advice on page 5.

This chart explains it all and makes it so easy to choose what fish to eat! Here, I'll show you how it works.

For children, serve them fish in the Best Choices list. A serving is 1 ounce at age 1 and increases with age to 4 ounces by age 11. Babies can have fish when they are ready to start eating food, but we just need to make sure to remove any bones. You can see that *tilapia al horno* is on the Best Choices list, but eating a variety of fish is also important, so we are trying something new. You can take this chart with you when grocery shopping—it's so simple to use!



It's delicious!



Can we taste it?

Trying new things as a family will be so much fun!



For more information about FDA and EPA's fish advice for those who may become pregnant and parents, visit www.fda.gov/fishadvice.

ADVICE ABOUT EATING FISH

For Those Who Might Become or Are Pregnant or Breastfeeding and Children Ages 1 – 11 Years



Fish‡ provide key nutrients that support a child’s brain development.

Fish are part of a [healthy eating pattern](#) and provide key nutrients during pregnancy, breastfeeding, and/or early childhood to support a **child’s brain development**:

- Omega-3 (called DHA and EPA) and omega-6 fats
- Iron
- Iodine (during pregnancy)
- Choline

Choline also supports development of the **baby’s spinal cord**. Fish provide iron and zinc to support **children’s immune systems**. Fish are a source of other nutrients like protein, vitamin B12, vitamin D, and selenium too.



Choose a variety of fish that are lower in mercury.

While it is important to limit mercury in the diets of those who are pregnant or breastfeeding and children, many types of fish are both nutritious and lower in mercury.

This chart can help you choose which fish to eat, and how often to eat them, based on their mercury levels.

What is a serving? As a guide, use the palm of your hand.



Pregnancy and breastfeeding:
1 serving is 4 ounces

Eat 2 to 3 servings a week from the “Best Choices” list
(OR 1 serving from the “Good Choices” list).



Childhood:

On average, a serving is about:

- 1 ounce at age 1 to 3
- 2 ounces at age 4 to 7
- 3 ounces at age 8 to 10
- 4 ounces at age 11

Eat 2 servings a week from the “Best Choices” list.

Best Choices

Anchovy	Herring	Scallop
Atlantic croaker	Lobster,	Shad
Atlantic mackerel	American and spiny	Shrimp
Black sea bass	Mullet	Skate
Butterfish	Oyster	Smelt
Catfish	Pacific chub mackerel	Sole
Clam	Perch, freshwater and ocean	Squid
Cod	Pickering	Tilapia
Crab	Plaice	Trout, freshwater
Crawfish	Pollock	Tuna, canned light (includes skipjack)
Flounder	Salmon	Whitefish
Haddock	Sardine	Whiting

Good Choices

Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Carp	Sablefish	Tuna, yellowfin
Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Grouper	Snapper	White croaker/Pacific croaker
Halibut	Spanish mackerel	
Mahi mahi/dolphinfish	Striped bass (ocean)	

Choices to Avoid HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

What about fish caught by family or friends? Check for [fish and shellfish advisories](#) to tell you how often you can safely eat those fish. If there is no advisory, eat only one serving and no other fish that week. 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.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice



ADVICE ABOUT EATING FISH

For Those Who Might Become or Are Pregnant or Breastfeeding and Children Ages 1 – 11 Years



The *Dietary Guidelines for Americans* recommends eating fish as part of a healthy eating pattern.

The *Dietary Guidelines for Americans* recommends:

- At least 8 ounces of seafood (less for children§) per week based on a 2,000 calorie diet.
- Those who are pregnant or breastfeeding consume between **8 and 12 ounces per week** of a variety of seafood from choices that are **lower in mercury**.



Eating fish can provide other health benefits too.

Fish intake during pregnancy is recommended because moderate scientific evidence shows it can help your baby's cognitive development.

Strong evidence shows that eating fish, as part of a healthy eating pattern, **may have heart health benefits**. [Healthy eating patterns](#) that include fish may have other benefits too. Moderate scientific evidence shows that eating patterns relatively higher in fish but also in other foods, including vegetables, fruits, legumes, whole grains, low- or non-fat dairy, lean meats and poultry, nuts, and unsaturated vegetable oils, and lower in red and processed meats, sugar-sweetened foods and beverages, and refined grains are associated with:



Promotion of bone health - decreases the risk for hip fractures*



Decreases in the risk of becoming overweight or obese*



Decreases in the risk for colon and rectal cancers*

A **healthy eating pattern** consists of choices across all food groups (vegetables, fruits, grains, dairy, and protein foods, which includes fish), eaten in recommended amounts, and within calorie needs. Healthy eating patterns include foods that provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.

This advice supports the recommendations of the [Dietary Guidelines for Americans](#), which reflects current science on nutrition to improve public health. The *Dietary Guidelines for Americans* focuses on dietary patterns and the effects of food and nutrient characteristics on health.

§ For some children, the amounts of fish in the *Dietary Guidelines for Americans* are higher than in this FDA/EPA advice. The *Dietary Guidelines for Americans* states that to consume those higher amounts, children should only be fed fish from the "Best Choices" list that are even lower in mercury – these fish are anchovies, Atlantic mackerel, catfish, clams, crab, crawfish, flounder, haddock, mullet, oysters, plaice, pollock, salmon, sardines, scallops, shad, shrimp, sole, squid, tilapia, trout, and whiting.

* There is [moderate scientific evidence of a relationship](#) between the eating pattern as a whole and the potential health benefit.

‡ This advice refers to fish and shellfish collectively as "fish" / Advice revised October 2021