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

Why is Fish Nutritious for Children?
Fish provide key nutrients that support a child’s brain development:

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

How Much Should My Child Eat?
Eat 2 servings a week from the “Best Choices” list.

A serving is about:
- 1 ounce – age 1 to 3
- 2 ounces – age 4 to 7
- 3 ounces – age 8 to 10
- 4 ounces – age 11

Younger kids can eat fish too. You can introduce nutritious foods like fish to complement breast milk or infant formula in your baby’s diet once they are about 6 months of age.

What Kind of Fish Should My Child Eat?
Include a variety of “Best Choices” fish, which are lower in mercury, in your child’s diet.

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

*The “Best Choices” list of fish shown above is one of three categories of fish in this advice. The full chart describes “Best Choices,” “Good Choices,” and “Choices to Avoid.”

For more information on choosing healthy and safe options when it comes to fish, visit www.fda.gov/fishadvice.