**Why is Fish Nutritious?**

Eating fish during pregnancy and breastfeeding provides 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.

**Are There Other Benefits of Eating Fish?**

There are many potential benefits of eating fish. For example, strong evidence shows that eating fish, as part of a healthy eating pattern, may have heart health benefits.

**How Much Fish Should I Eat?**

Eat 8 to 12 ounces per week of fish from the “Best Choices” list.

A serving is 4 ounces (about the size of an adult palm)

**What Kind of Fish Should I Eat?**

Choose a variety of fish from “Best Choices,” which are lower in mercury.

- 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](http://www.fda.gov/fishadvice).