

EAT FISH

~~~~~ *It's good for you!* ~~~~~

What pregnant and breastfeeding women and parents of young children need to know.

Fish are nutritious and most are very safe to eat.

- Fish have protein and healthy fats, called omega-3s, which are not found in other meats.
- Omega-3s are good for your heart and brain.
- The nutrients in fish are especially important as your baby develops during pregnancy, throughout breastfeeding, and as your young child grows.
- Some fish may contain a chemical called mercury. Too much mercury in your diet can be harmful. It's best to eat fish that are lower in mercury.



## How can you safely eat fish?

- Eat a variety of fish that are lower in mercury.
- Eat the amounts of fish shown on pages 3 and 4 in this pamphlet.
- Eat only the flesh or meat of the fish. Throw away the bones, head, guts, fat, and skin.
- Avoid shark, swordfish, tilefish, or king mackerel. They are highest in mercury.
- Avoid raw and undercooked fish and shellfish.

For more information about mercury in your fish, visit the Environmental Protection Agency—Fish Advisory at [www.epa.gov/choose-fish-and-shellfish-wisely](http://www.epa.gov/choose-fish-and-shellfish-wisely).

## CHOOSE SAFE FiSH

Follow these tips to enjoy the health benefits of eating fish low in mercury and high in omega-3s.



# 1. Safe to Eat

Eat fish from the list below 2 to 3 times a week. Choose fish from stores or restaurants.

- For women, eat about 8 to 12 ounces a week total.
- For young children, eat about 3 to 5 ounces a week total.

Enjoy the following fish, which are lower in mercury. Fish in **bold** are rich in omega-3s.

- Catfish
- Cod (often used in fish sticks)
- Chunk Light Tuna (canned)
- **Mackerel** (not King Mackerel)
- **Pollock**
- **Salmon**
- **Sardines**
- Shrimp
- **Squid**
- Tilapia
- **Trout**

Albacore (“white”) Tuna has more mercury than chunk light tuna. Limit albacore tuna to 6 ounces or less a week.

WIC foods include canned: chunk light tuna, **mackerel**, **pink salmon** and **sardines**.

## 2. Do Not Eat

These fish are high in mercury.

- Shark
- Swordfish
- King Mackerel
- Tilefish

## 3. Fish Caught

Always check local advisories about the safety of fish caught in California coastal waters and fresh water lakes, rivers and reservoirs by yourself, family or friends.

### **It's OK to eat:**

- 2 servings a week of Rainbow Trout, or
- 1 serving a week of Bluegill or other Sunfish, Bullhead, Catfish, or Brown Trout under 16 inches

### **Do not eat:**

- Bass, Brown Trout over 16 inches, or Carp
- .....

### **For local fishing information, contact:**

Local Public Health Department, or  
California Environmental Protection Agency,  
Office of Environmental Health Hazard Assessment  
at: (916) 327-7319 or (510) 622-3170  
[www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)



**California Department of Public Health  
California WIC Program**

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