

Eat Fish

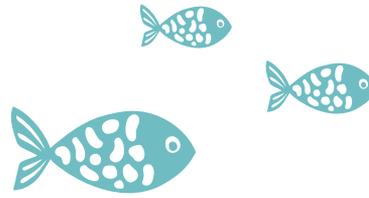
Eating fish is good for you



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.
- Fish is a good source of iron and zinc which keep our immune system healthy.

How can you safely eat fish?



- Some fish may contain a heavy metal called mercury. Too much mercury in your diet can be harmful.
- Eat a variety of fish that are lower in mercury.
- Eat the amounts of fish shown on page 3 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, marlin, or king mackerel. They are highest in mercury.
- Avoid raw and undercooked fish and shellfish.
- Store leftover canned fish in the refrigerator in an airtight container for 2-3 days. For more tips on handling food safely: [Keep Your Food Safe](#)



For more information about mercury in your fish, visit the Environmental Protection Agency – Fish Advisory at 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.

From Stores or Restaurants

Choose fish from stores or restaurants. Eat the right amount of fish to stay safe.

- For women, one serving is about the size of your palm. Eat about 2 to 3 servings per week.
- For young children, keep serving sizes small. A typical serving size is the size of an adult thumb.



Child Age:	Amount to eat per week:
1 to 3	2 servings
4 to 7	4 servings

- Eat fish from the green box below 2 to 3 times a week.

Safe to eat:

These fish are lower in mercury and are safe to eat. Fish in **bold** are high in omega-3s.

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



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

OK to eat:

Albacore (“white”) Tuna has more mercury than chunk light tuna. Pregnant and breastfeeding people should limit albacore tuna to 4 ounces or less a week. For children, light tuna is the best choice.



Do Not eat:

These fish are high in mercury.

- Shark
- Swordfish
- King Mackerel
- Marlin
- Tilefish
- Bigeye Tuna

Fish Caught



Always check local [advisories](#) about the safety of fish caught in California coastal waters and fresh water lakes, rivers and reservoirs. This includes any fish caught by you, your family, or friends.

Safe to eat:



- 2 servings a week of **Rainbow Trout**, or

OK to eat:

- 1 serving a week of Bluegill or other Sunfish, Bullhead, Crappie, or Brown Trout under 16 inches

Do not eat:



- Bass, Brown Trout over 16 inches, or Carp
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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



Ways to add fish to meals



- Make a fish taco instead of pork, chicken, or beef.
- Use canned fish in sandwiches, salads, rice bowls, pasta dishes, or soups.
- Mix canned fish with plain yogurt, lemon juice, and fresh herbs to make a dip for veggies or whole grain crackers.
- Bake or pan fry with simple seasonings like lemon, garlic, herbs, or soy sauce.
- Try fish as a tasty protein option for kids, like fish sticks or fish patties.



Fish Tacos

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Ingredients:

1 (3.75 oz) can of **sardines**

1 tablespoon vegetable oil

1 **red onion**, chopped

1/2 cup **cilantro**, chopped

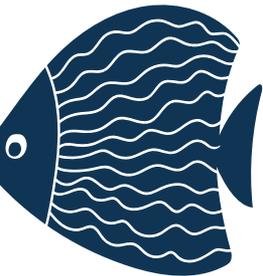
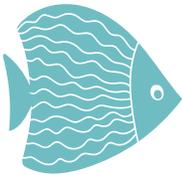
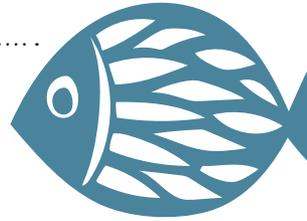
1 cup **shredded lettuce**

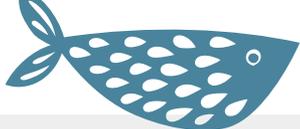
1 teaspoon chili powder (Use more or less, depending on what you like)

8 small **corn tortillas**

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Ingredients in bold are
WIC approved

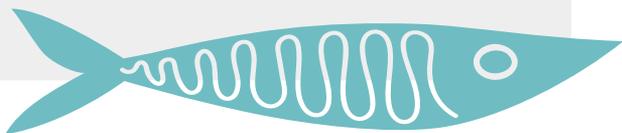




Directions

1. Wash hands with soap and water.
2. Clean and chop onion, cilantro, and cabbage. Mix together in a bowl and set aside.
3. Put a little chili powder on both sides of the sardines.
4. In a large nonstick skillet, heat olive oil over medium heat. Add the sardines to the pan. Fry both sides until lightly golden. Remove the sardines from the pan and set aside.
5. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and warm.
6. Fill tortilla with fish, cabbage, onion, and cilantro. You can also serve with salsa and citrus slices!

Adapted from: <https://www.myplate.gov/recipes/fish-tacos>



California Department of Public Health California WIC Program

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