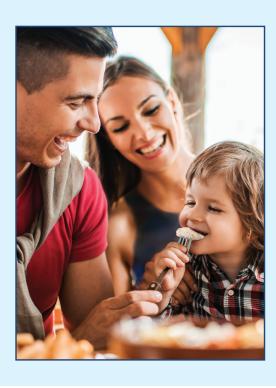


ADVICE ABOUT EATING FISH

For Women Who Are or Might Become Pregnant, Breastfeeding Mothers, and Young Children

Eating fish! when pregnant or breastfeeding can provide health benefits.

Fish and other protein-rich foods have nutrients that can help your child's growth and development. As part of a healthy eating pattern, eating fish may also offer heart health benefits and lower the risk of obesity.



Nutritional Value of Fish

The 2015-2020 Dietary Guidelines for Americans recommends:

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

Fish are part of a <u>healthy eating pattern</u> and provide:

- Protein
- Healthy omega-3 fats (called DHA and EPA)
- More vitamin B₁₂ and vitamin D than any other type of food
- Iron which is important for infants, young children, and women who are pregnant or who could become pregnant
- Other minerals like selenium, zinc, and iodine.

Choose a variety of fish that are lower in mercury. (See chart on other side of page.)

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

This advice supports the recommendations of the 2015-2020 Dietary Guidelines for Americans, developed for people 2 years and older, 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 advice about feeding children under 2 years of age, you can consult the American Academy of Pediatrics .

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.



For an adult 1 serving = 4 ounces

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



For children, a serving is 1 ounce at age 2 and increases with age to 4 ounces by age 11.

If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

Best Choices EAT 2 TO 3 SERVINGS A WEEK Good Choices EAT 1 SERVING A WEEK Anchovy Herring Scallop Bluefish Monkfish **Tilefish** (Atlantic Ocean) Buffalofish Rockfish Atlantic croaker Lobster. Shad Tuna, albacore/ American and spiny Sablefish Carp Atlantic mackerel Shrimp white tuna, canned Chilean sea bass/ Mullet Sheepshead and fresh/frozen Black sea bass Skate Patagonian toothfish Snapper Oyster Tuna, yellowfin Butterfish Smelt Grouper Spanish mackerel Weakfish/seatrout Pacific chub Catfish Sole Halibut mackerel Striped bass White croaker/ Mahi mahi/ (ocean) Clam Squid Pacific croaker Perch, freshwater dolphinfish and ocean Cod Tilapia **Pickerel** Trout. freshwater Crab Choices to Avoid HIGHEST MERCURY LEVELS Plaice Crawfish Tuna, canned light (includes skipjack) Pollock Flounder Whitefish Salmon Haddock King mackerel Shark Tilefish Whiting (Gulf of Mexico) Sardine Hake Marlin Swordfish Tuna, bigeye Orange roughy * Some fish caught by family and friends, such as larger carp, catfish, trout and perch, www.FDA.gov/fishadvice U.S. FOOD & DRUG are more likely to have fish advisories due to mercury or other contaminants. State ADMINISTRATION advisories will tell you how often you can safely eat those fish. www.EPA.gov/fishadvice

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