

ADVICE ABOUT EATING FISH

For Those Who Might Become or Are Pregnant or Breastfeeding and Children Ages 1 – 11 Years

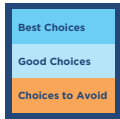


Fish‡ provide key nutrients that support a child’s brain development.

Fish are part of a [healthy eating pattern](#) and provide key nutrients during pregnancy, breastfeeding, and/or early childhood to support a **child’s brain development**:

- Omega-3 (called DHA and EPA) and omega-6 fats
- Iron
- Iodine (during pregnancy)
- Choline

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



Choose a variety of fish that are lower in mercury.

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

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.

Pregnancy and breastfeeding:
1 serving is 4 ounces

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

Childhood:
On average, a serving is about:
1 ounce at age 1 to 3
2 ounces at age 4 to 7
3 ounces at age 8 to 10
4 ounces at age 11

Eat 2 servings a week from the “Best Choices” list.

Best Choices			Good Choices		
Anchovy	Herring	Scallop	Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster,	Shad	Buffalofish	Rockfish	Tuna, albacore/
Atlantic mackerel	American and spiny	Shrimp	Carp	Sablefish	white tuna, canned
Black sea bass	Mullet	Skate	Chilean sea bass/	Sheepshead	and fresh/frozen
Butterfish	Oyster	Smelt	Patagonian toothfish	Snapper	Tuna, yellowfin
Catfish	Pacific chub	Sole	Grouper	Spanish mackerel	Weakfish/seatrout
Clam	mackerel	Squid	Halibut	Striped bass (ocean)	White croaker/
Cod	Perch, freshwater	Tilapia	Mahi mahi/dolphinfish		Pacific croaker
Crab	Pickrel	Trout, freshwater			
Crawfish	Plaice	Tuna, canned light (includes skipjack)	Choices to Avoid HIGHEST MERCURY LEVELS		
Flounder	Pollock	Whitefish	King mackerel	Shark	Tilefish (Gulf of Mexico)
Haddock	Salmon	Whiting	Marlin	Swordfish	Tuna, bigeye
Hake	Sardine		Orange roughy		

What about fish caught by family or friends? Check for [fish and shellfish advisories](#) to tell you how often you can safely eat those fish. If there is no advisory, eat only one serving and no other fish that week. Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants.

‡ This advice refers to fish and shellfish collectively as “fish” / Advice revised October 2021

