



# Healthy Fish Choices for You & Your Family



## A Guide for Women and Children\*

Seafood is good for you. It contains high levels of protein and nutritious omega-3 fatty acids. Eating fish during pregnancy can help your baby grow.

However, mercury & PCBs are present in certain fish and can be a health risk. Use this chart to gain the benefits of fish for you and your young children.

### BEST CHOICES: Eat 2 or More Meals a Week

- ♥ Salmon (wild)      ♥ Trout      ♥ Atlantic Mackerel
- ♥ Sole      ♥ Pollock      ♥ Flounder      ♥ Herring
- Salmon (farm-raised)      Haddock      Perch
- Cod      Tilapia      Light tuna (canned)
- Shellfish: oysters, shrimp, clams, scallops, lobster

### GOOD CHOICES: Eat 1 Meal a Week

- Tuna Steak      Halibut
- Red Snapper      White Tuna (canned)
- Catfish (farm-raised)

Fish with hearts can be eaten more than twice a week. ♥

### Avoid\*

- Swordfish      Shark
- Striped Bass      Tuna Sushi
- King Mackerel

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\*This advice is for pregnant women, women who could become pregnant, nursing mothers and young children. Everyone else can eat **more** fish, even from the "Avoid" category. This chart refers only to **cooked** fish and shellfish. Thoroughly cooking fish and shellfish reduces the risk of food-borne illness.

Want to Find out More Information?

Call 1-860-509-7740

Web Site: [www.ct.gov/dph/fish](http://www.ct.gov/dph/fish)

