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)

**Avoid***

- Swordfish
- Shark
- Striped Bass
- Tuna Sushi
- King Mackerel

*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)