

MAKE HEALTHY FISH CHOICES

Use this chart to get the benefits from eating fish and reduce the risk to chemicals
A Guide for Women & Children

Eat 2 meals a week:

Atlantic Mackerel ♥	Sole ♥
Light Tuna (canned)	Cod
Salmon (wild) ♥	Trout ♥
Flounder ♥	
Haddock	SHELLFISH:
Herring	Clams
Pollock ♥	Lobsters
Perch	Oysters
Tilapia	Scallops
	Shrimp

Eat one meal a week:

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

AVOID:

King Mackerel
Shark
Striped Bass
Swordfish
Tilefish

CONNECTICUT DEPARTMENT OF PUBLIC HEALTH

Call Toll Free: 1-877-458-FISH (3474)

Website: www.ct.gov/dph/fish

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

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