

Why Eat Fish?

Pregnant or nursing women, who eat fish that is high in omega-3 fatty acids, will pass these nutrients to their babies and support healthy brain and eye development.

How Much Fish to Eat?

Health experts recommend that women eat 8-12 ounces per week and children (ages 2-6) eat 2-4 ounces per week. Three ounces of fish is about the size of a deck of cards.

Before Eating Fish That You Catch

Check your State's Health Department advisory at www.fish4health.net and get information on locally caught fish in order to avoid eating unsafe fish.

Do Not Eat Raw Fish

When pregnant, avoid eating raw oysters, raw fish (sushi), or refrigerated smoked fish. Do not feed raw fish to infants or children.

For more information visit www.fish4health.net

Find fresh, Great Lakes produced seafood near you.
www.freshfishfinder.org



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Advice For

Pregnant or Nursing Women,
Women Who May Become Pregnant
& Children (2-6 years)

Best Choices
Lowest in Mercury &
Highest in Healthy Fats

anchovy
herring
lake whitefish (Great Lakes)
mackerel (Atlantic, jack, chub)
rainbow trout (farm raised)
salmon (wild or farm raised)
sardine
shad (American)

Eating 8 ounces per week
of these fish will provide
the recommended amount
of healthy omega-3 fatty
acids.

Lowest Mercury
12 ounces per week

catfish, pangasius, swai, basa
clam
cod
crab
flatfish (flounder, plaice, sole)
haddock
herring
lake whitefish (Great Lakes)
mackerel (Atlantic, jack, chub)
mullet
oyster (cooked)
pollock
rainbow trout (farm raised)
salmon (wild or farm raised)
sardine
scallop
shrimp
squid
tilapia
tuna (canned Skipjack or Light)

Moderate Mercury
4 ounces per week

bass (saltwater, black)
buffalo fish
carp
grouper
halibut
jack, California yellowtail
lobster(northern, Maine, Atlantic)
mahi mahi (Dolphin-fish)
perch (saltwater)
Pompano (Florida)
sablefish
sea trout (weakfish)
snapper
Spanish mackerel (S. Atlantic)
tilefish (Atlantic)
tuna (canned or fresh Albacore,
Yellowfin, or canned White)
white croaker (Pacific)

High Mercury / PCB*
Do Not Eat

bass (striped)*
bluefish*
Chilean sea bass
golden snapper
jack, amberjack (Gulf of Mexico)
jack, crevalle (Gulf of Mexico)
king mackerel
marlin
orange roughy
sea lamprey
shark
Spanish mackerel (Gulf of Mexico)
swordfish
tilefish (Gulf of Mexico)
tuna (all other fresh or frozen)
wahoo, ono

*PCB (polychlorinated biphenyls) are
higher in these species

Excessive mercury can pass through the placenta or mother's milk and harm your baby. Do not eat fish from the high mercury category. If you eat 4 ounces from the moderate category, don't eat any more fish from this category until the next week.