Advice About Eating Fish

What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- *Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.*
- *Eat a variety of fish.*
- *Serve 1 to 2 servings of fish a week to children, starting at age 2.*
- *If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.**

Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

What is a serving?

To find out, use the palm of your hand!

For an adult 4 ounces

For children, ages 4 to 7 2 ounces

Best Choices EAT 2 TO 3 SERVINGS A WEEK

OR

Good Choices EAT 1 SERVING A WEEK

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

Choices to Avoid HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

*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. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice

www.EPA.gov/fishadvice

EPA United States Environmental Protection Agency

FDA U.S. FOOD & DRUG Administration

THIS ADVICE REFERS TO FISH AND SHELLFISH COLLECTIVELY AS "FISH." / ADVICE UPDATED JANUARY 2017