

Fish for Your Health™



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

Before Eating Fish That You Catch

Check with your State's Health Department for a fish consumption advisory for locally caught fish and avoid eating highly contaminated fish. Visit our website.

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/week and children (ages 2-6) eat 2 ounces/week. Three ounces of fish is about the size of a deck of cards.

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Learn More

For more information please visit our website:
fn.cfs.purdue.edu/fish4health/

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Advice for Pregnant or Nursing Women & Women Who May Become Pregnant

Best Choices
Lowest in Mercury & Highest in Healthy Fats

- herring
- mackerel (Atlantic, jack, chub)
- rainbow trout (farm raised)
- salmon (wild or farm raised)
- sardines
- whitefish

Eating as little as 6 ounces per week of these fish provides the recommended amount of healthy omega-3 fatty acids.

Lowest Mercury
12 ounces per week

- catfish (farm raised)
- clams
- cod
- crab
- flounder, plaice, sole
- haddock
- herring
- mackerel (Atlantic, jack, chub)
- mullet
- oysters (cooked)
- pollock
- rainbow trout (farm raised)
- salmon (wild or farm raised)
- sardines
- scallops
- shrimp
- squid
- tilapia
- tuna (Skipjack, Light, canned)
- whitefish

Moderate Mercury
4 ounces per week

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

High Mercury / PCB*
Do Not Eat

- bass (striped)*
- bluefish*
- Chilean sea bass
- golden snapper
- jack (Amberjack, Crevalle)
- king mackerel
- marlin
- orange roughy
- shark
- Spanish mackerel (Gulf of Mexico)
- swordfish
- tilefish (Gulf of Mexico)
- tuna (all fresh or frozen)
- walleye (Great Lakes)

*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.