



# EATING FISH:

A GUIDE FOR HISPANIC AMERICAN FAMILIES



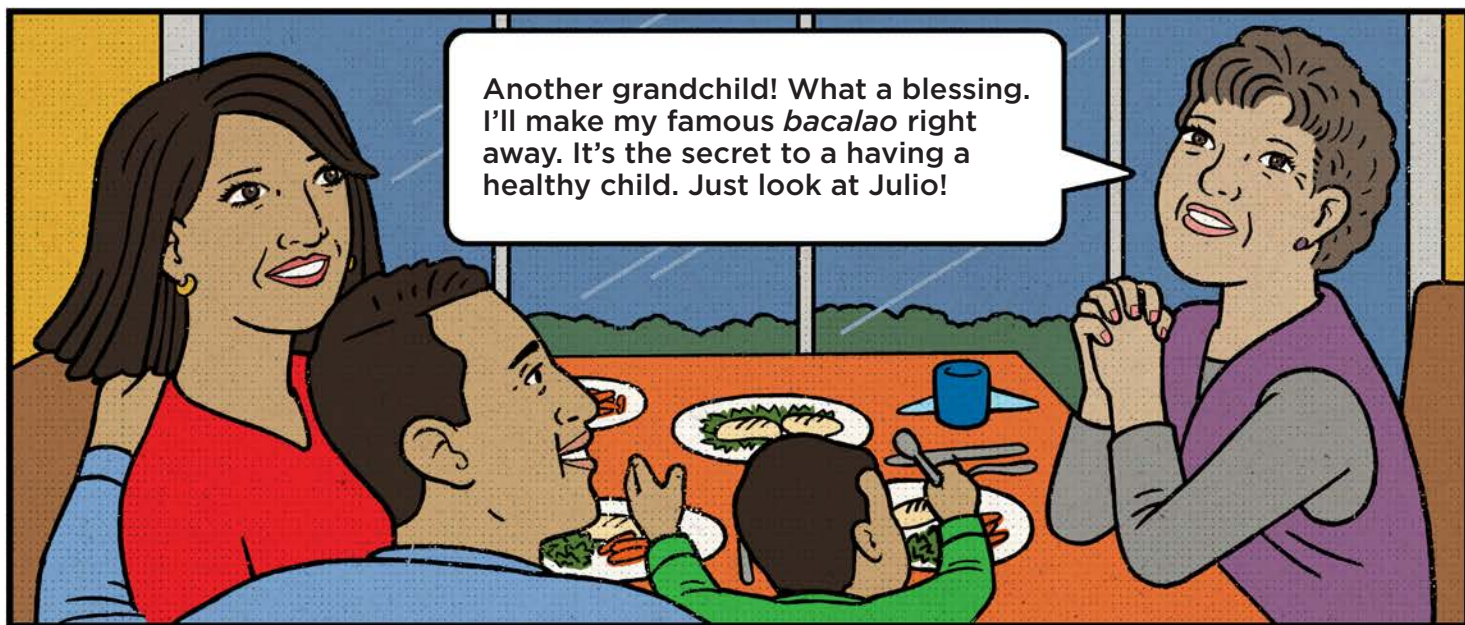
Read Camila's story to learn more about how important fish are for your child's growth and development and how you can eat fish while pregnant.



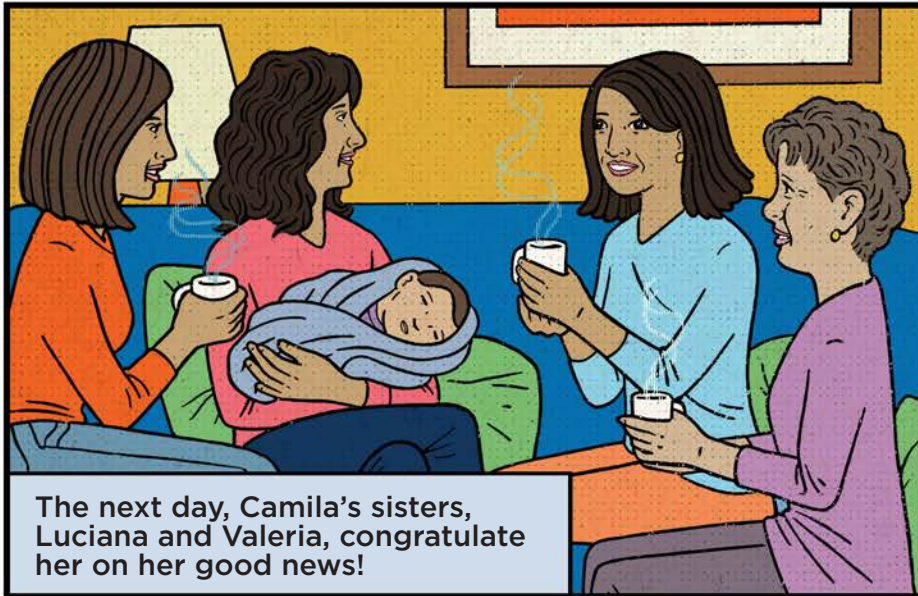
It's dinnertime at the Garcia home. Camila and Jose have a surprise for Carmen and Julio!



Guess what everybody? Jose and I have some happy news to share. We are going to have another baby!



Another grandchild! What a blessing. I'll make my famous *bacalao* right away. It's the secret to a having a healthy child. Just look at Julio!



The next day, Camila's sisters, Luciana and Valeria, congratulate her on her good news!



Make sure you get plenty of rest!



And go for walks!



And eat healthy... And of course, lots of Mom's *bacalao*!



It's our family secret to a healthy pregnancy, you know.



After they leave...

I'm so happy to be having another baby, but how am I going to keep working, care for Julio, and stay healthy at the same time?

You need to ask for help and get more sleep. And you should go to the doctor sooner rather than later. Talk to your doctor about how you can eat well and have a healthy baby!

Camila and Jose are at their doctor's office for a prenatal checkup.

Congratulations on your good news! But, why do you look so sad?

I'm not sad, I'm queasy! I know that my mother's *bacalao* will help keep me and the baby healthy, but I'm not sure I want any. I don't know what to do!

Don't worry! There are lots of different ways to eat healthy types of fish. FDA and EPA have developed this chart that makes it easy to choose what fish to eat.

See the full chart on page 6.

Eat 2 to 3 servings of fish per week from the Best Choices list, or 1 serving of fish per week from the Good Choices list. 90% of fish eaten in the United States are included in the Best Choices list, so there are lots of options!

And just be sure to avoid ones that are listed under Choices to Avoid as they may contain high levels of mercury, which can be harmful to you and the baby.

That is easy! But, what does "serving" mean?

A serving is how much is typically eaten at one time. For an adult, 1 serving is 4 ounces, about the size of the palm of your hand. Fish are full of nutrients, such as protein, vitamins, minerals, and omega-3 fatty acids. And guess what, eating fish is good for Julio, too!

What will I tell my mother?

Show her this chart! She can cook so many different types of fish for you. You can tell her that eating a variety of fish is an important part of a nutritious diet—as long as it's cooked!

What do you mean?

Raw fish is not recommended for pregnant or breastfeeding women.

Luciana and Valeria are on their way to Camila's home for dinner...



I can't wait to eat Mom's bacalao again!

...but they are in for a big surprise!



What is that?

Pescado con verduras!

This smells so good! But why didn't you make your delicious bacalao?

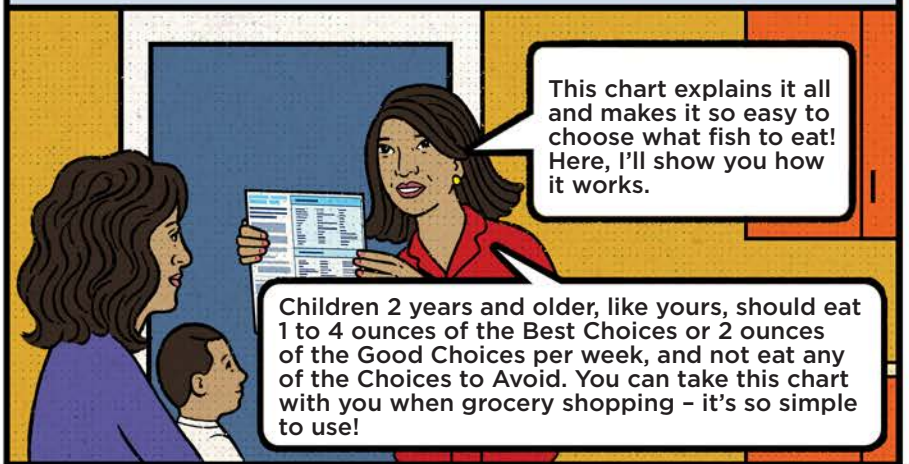
We wanted to try something new!

There are lots of healthy ways to cook fish, like grilling or baking it like this.



Knowing these things can help you feed your family a nutritious diet.

Find more healthy ways to cook fish at: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).



This chart explains it all and makes it so easy to choose what fish to eat! Here, I'll show you how it works.

Children 2 years and older, like yours, should eat 1 to 4 ounces of the Best Choices or 2 ounces of the Good Choices per week, and not eat any of the Choices to Avoid. You can take this chart with you when grocery shopping - it's so simple to use!



It's delicious!



Can we taste it?

Trying new things as a family will be so much fun!

For more information about FDA and EPA's fish advice for pregnant women and parents visit [www.fda.gov/fishadvice](http://www.fda.gov/fishadvice).

# 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 2-3 servings a week

Anchovy	Herring	Scallop
Atlantic croaker	Lobster,	Shad
Atlantic mackerel	American and spiny	Shrimp
Black sea bass	Mullet	Skate
Butterfish	Oyster	Smelt
Catfish	Pacific chub mackerel	Sole
Clam	Perch, freshwater and ocean	Squid
Cod	Pickering	Tilapia
Crab	Plaice	Trout, freshwater
Crawfish	Pollock	Tuna, canned light (includes skipjack)
Flounder	Salmon	Whitefish
Haddock	Sardine	Whiting
Hake		

OR

## Good Choices eat 1 serving a week

Bluefish	Monkfish	Tuna, albacore/white tuna, canned and fresh/frozen
Buffalofish	Rockfish	Tuna, yellowfin
Carp	Sablefish	Weakfish/seatrout
Chilean sea bass/ Patagonian toothfish	Sheepshead	White croaker/ Pacific croaker
Grouper	Snapper	
Halibut	Spanish mackerel	
Mahi mahi/ dolphinfish	Striped bass (ocean)	
	Tilefish (Atlantic Ocean)	

## Choices to Avoid HIGHEST MERCURY LEVELS

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

\*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](http://www.FDA.gov/fishadvice)  
[www.EPA.gov/fishadvice](http://www.EPA.gov/fishadvice)

