



U.S. FOOD & DRUG
ADMINISTRATION

EATING FISH FOR A HEALTHY PREGNANCY



Read Mei-ling's story to find out how important fish are for your child's growth and development and how you can eat fish while pregnant.

Mei-ling and Ming are enjoying an afternoon at home. Mei-ling has some great news!



Later that week, Mei-ling and Ming visit the doctor.

I love eating fish, but can I still eat it while I'm pregnant?

Absolutely! Fish is a source of protein, vitamins, minerals, and omega-3 fatty acids. These nutrients are good for you, and important for a child's growth and development, too.

Deciding which fish to eat doesn't have to be difficult or confusing. FDA and EPA have developed this chart that makes it so easy to choose what fish to eat. It is simple to use and you can even take it with you when grocery shopping.

It's easy! Just 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. There are so many choices! 90% of the fish eaten in the United States are listed in the Best Choices category.



See the full chart on page 6.

How much is a serving?

The chart shows you that, too! A serving for an adult is 4 ounces, about the size of the palm of your hand.

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

What about dishes containing raw fish, like yusheng? Is it on the chart?

You can cook a variety of fish. Raw fish is not recommended for pregnant or breastfeeding women.

So, I can eat whatever cooked fish I want so long as I follow this chart?

Yes, absolutely! Remember to vary which types of fish you eat. Eating a variety of fish is important.

Mei-ling and Ming have brought their baby, Ethan, home! Mei-fen is helping Mei-ling during her month of recovery.

Here's something to eat.

Lian yu tang, my favorite! I want to eat this every week.



And I can make you something else, too. I have recipes for whole grilled fish and your chart shows so many fish to choose from! And how about *qing zheng yu*?



What kind?

Hei lu yu.

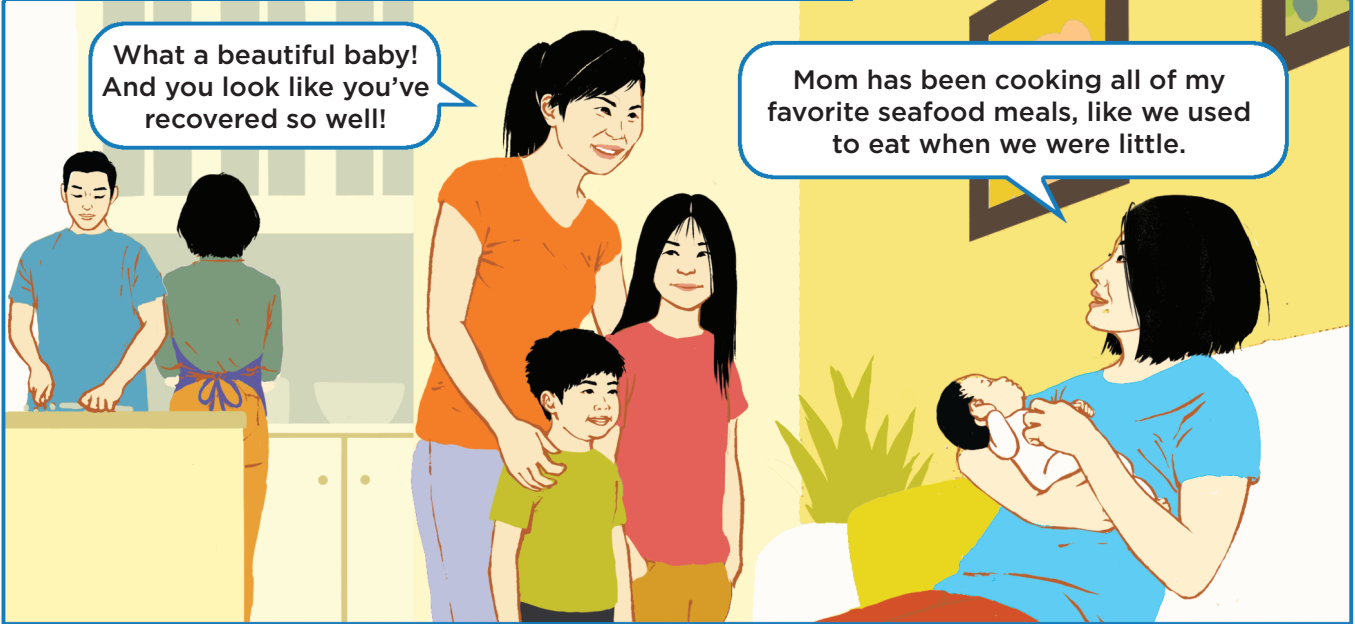


Okay, good. There are so many healthy ways of preparing fish like grilling and steaming so you can try a variety of fish cooked in a variety of ways!



That sounds great!

It's time for Ethan's full month ceremony already! Mei-ling's cousin, Cindy Lee, and her children are ready to celebrate.



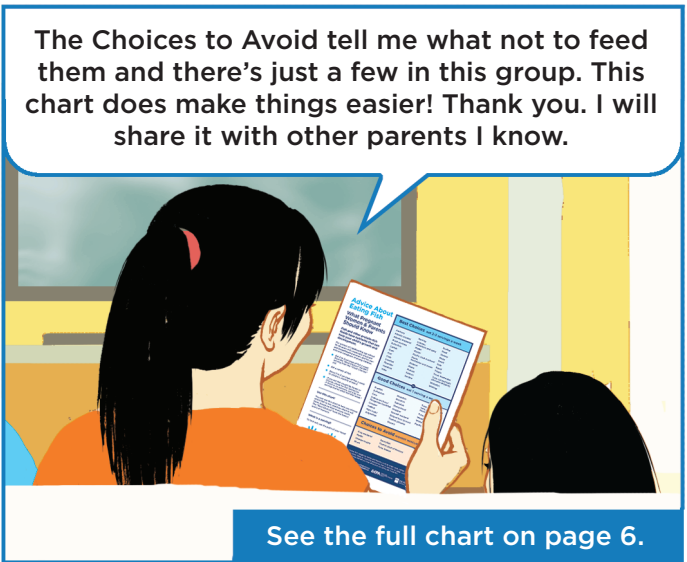
What a beautiful baby! And you look like you've recovered so well!

Mom has been cooking all of my favorite seafood meals, like we used to eat when we were little.



That's great. I should cook the same ones for my kids. Fish has so many nutrients and is very good for children.

Yes, and this chart makes it so simple to choose fish for yourself and your kids. Since your children are over 2, they should eat 1 to 4 ounces of the Best Choices or 2 ounces of the Good Choices per week.



The Choices to Avoid tell me what not to feed them and there's just a few in this group. This chart does make things easier! Thank you. I will share it with other parents I know.

See the full chart on page 6.



Time to eat!

For more information about FDA and EPA's fish advice for pregnant women and parents, visit 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,	Squid
Cod	freshwater and ocean	Tilapia
Crab	Pickering	Trout, freshwater
Crawfish	Plaice	Tuna, canned light (includes skipjack)
Flounder	Pollock	Whitefish
Haddock	Salmon	Whiting
Hake	Sardine	

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
www.EPA.gov/fishadvice

