



# Healthy Fish Choices for You & Your Family



## A Guide for Women and Children\*

Seafood is good for you. It contains high levels of protein and nutritious omega-3 fatty acids. Eating fish during pregnancy can help your baby grow.

However, mercury & PCBs are present in certain fish and can be a health risk. Use this chart to gain the benefits of fish for you and your young children.

### BEST CHOICES: Eat 2 Meals a Week

Salmon (wild) ♥ Trout ♥ Atlantic Mackerel ♥  
 Sole ♥ Pollock ♥ Flounder ♥ Herring ♥  
 Cod Haddock Perch  
 Tilapia Light tuna (canned)  
 Shellfish: oysters, shrimp, clams, scallops, lobster

### GOOD CHOICES: Eat 1 Meal a Week

Salmon (farm-raised) Halibut  
 Tuna Steak White Tuna (canned)  
 Red Snapper Catfish (farm-raised)

*Fish with hearts ♥ can be eaten more than twice a week.*

### Avoid\*

Swordfish Shark  
 Striped Bass Tilefish  
 King Mackerel

4/10

\*This advice is for pregnant women, women of childbearing age, nursing mothers and young children. Everyone else can eat **more** fish, even from the "Avoid" category. This chart refers only to **cooked** fish and shellfish. Thoroughly cooking fish and shellfish reduces the risk of food-borne illness.

Want to Find out More Information?

Call Toll Free 1-877-458-FISH (3474)

Web Site: [www.ct.gov/dph/fish](http://www.ct.gov/dph/fish)

