



# 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)	Haddock	Atlantic Mackerel
Sole	Tilapia	Perch
Cod	Trout	Light tuna (canned)
Pollock	Herring	Flounder

Shellfish: oysters, shrimp, clams, scallops, lobster

Or

### GOOD CHOICES: Eat 1 Meal a Week

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

### Avoid\*

Swordfish	Shark
Striped Bass	Tilefish
King Mackerel	

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\*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.dph.state.ct.us/fish.htm](http://www.dph.state.ct.us/fish.htm)



Keeping Connecticut Healthy