



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)

Fish with hearts ♥ are especially high in omega-3 fatty acids and can be eaten more than twice a week.

Avoid*

Swordfish	Shark
Striped Bass	Tilefish
King Mackerel	

3/10

*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

