For good health,

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FISH

Eating seafood is important to good health, especially during pregnancy and breastfeeding.

Fish is rich in many nutrients, including healthful omega-3 fatty acids, which are essential for brain and eye development in babies. Fish is also good for mom's brain, heart and weight.

Follow these recommendations for eating fish if you are **pregnant** or **breastfeeding** or when **feeding fish to young children**.

- Eat a variety of seafood
- Eat 12 oz. of seafood every week (2-3 meals)
- Half of the fish you eat every week (6 oz.) can be white albacore tuna
- **Do not eat** shark, king mackerel, tilefish and swordfish

Less than 20% of women who may become pregnant eat enough seafood every week.

Fish to feast on.

Eating a variety of seafood 2-3 times per week provides the omega-3s, called DHA, that you and your baby need without introducing concerns about mercury. In fact, international experts recommend that pregnant and nursing women get at least 200 milligrams of omega-3 DHA every day. Here's how much you get per serving of the 10 most popular fish—all of which test well below U.S. and global standards for levels of mercury.

Seafood: The Nutrition Star		
Most Popular Seafood (3 ounces)	Omega-3 DHA fats (milligrams)*	Average mercury level below the FDA limit
1. Shrimp	122	✔
2. Canned White Tuna	535	✔
Canned Light Tuna	190	✔
3. Salmon	1238	✔
4. Pollock	383	✔
5. Tilapia	111	✔
6. Catfish	109	✔
7. Crab	196	✔
8. Cod	131	✔
9. Clams	124	✔
10. Scallops	169	✔

*Source: USDA National Nutrient Database

Delve into Twelve
Eat a wide variety of seafood to get your 12 ounces a week.

6 large shrimp	= 3 ounces
tuna sandwich	= 3 ounces
fish fillet (the size of your palm) like salmon, tilapia, pollock or catfish	= 3 ounces
6 large scallops	= 3 ounces

12 ounces

For advice about eating fish and other foods during pregnancy, go to www.cfsan.fda.gov.

For more nutrition recommendations, visit www.mypyramid.gov.

For information about fish caught by family and friends, check your local fishing advisory.