Eating fish is good for your health and your children’s health. But some fish have a harmful chemical called mercury in them. Too much mercury can hurt the way babies and children grow and develop.

**Safety Tips for Eating Fish for Families**

Fish is good for children, too. But follow the safety tips and give children smaller servings.

**What is a Serving?**

A serving of fish for adults is about the size and thickness of your hand.

**For Adults**

- Never eat shark, swordfish, tilefish, or king mackerel.
- These fish are very high in mercury.

**For Children**

- Serving size is smaller than for adults.

For More Information, Contact:

Environmental Health Investigations Branch
California Department of Public Health
(510) 620-3620
Fish you buy in stores and restaurants

Eat up to 2 servings of fish a week. It’s best to eat a variety of fish. Choose low-mercury fish, such as:

- Salmon
- Flounder, Sole, Pollock, Cod, and Tilapia
- Sardines
- Herring
- Anchovies
- Squid
- Fish Sticks
- Shrimp
- Crab
- Clams and Scallops
- Catfish
- Trout
- Chunk Light Canned Tuna (Albacore Tuna — 1 serving a week)

❤ High in omega-3s that are good for you and your baby.

Fish you catch in lakes and rivers

Always check the health advisory where your fish are caught (go to www.oehha.ca.gov/fish.html). If there is no advisory:

These fish usually have less mercury. Eat up to 1 serving a week.

- Salmon from rivers
- Bluegill
- Sunfish
- Crappie
- American Shad
- Trout
- Largemouth and Smallmouth Bass
- Pikeminnow
- White Sturgeon
- Striped Bass

These fish usually have more mercury. Avoid.

If you eat fish you catch, do not eat any other fish the same week.