Fish are nutritious and most are very safe to eat.

- Fish have protein and healthy fats, called omega-3s, which are not found in other meats.
- Omega-3s are good for your heart and brain.
- The nutrients in fish are especially important as your baby develops during pregnancy, throughout breastfeeding, and as your young child grows.
- Some fish may contain a chemical called mercury. Too much mercury in your diet can be harmful. It’s best to eat fish that are lower in mercury.

### How can you safely eat fish?

- Eat a variety of fish that are lower in mercury.
- Eat the amounts of fish shown on the other side of this pamphlet.
- Eat only the flesh or meat of the fish. Throw away the bones, head, guts, fat, and skin.
- Avoid shark, swordfish, tilefish, or king mackerel. They are highest in mercury.
- Avoid raw and undercooked fish and shellfish.

For more information about mercury in your fish, visit the Environmental Protection Agency — Fish Advisory at www.epa.gov/choose-fish-and-shellfish-wisely.
Follow these tips to enjoy the health benefits of eating fish low in mercury and high in omega-3s.

**1. Safe to Eat**

Eat fish from the list below 2 to 3 times a week. Choose fish from stores or restaurants.

- For women, eat about 8 to 12 ounces a week total.
- For young children, eat about 3 to 5 ounces a week total.

Enjoy the following fish, which are lower in mercury. Fish in **bold** are rich in omega-3s.

- Catfish
- Cod (often used in fish sticks)
- Chunk Light Tuna (canned)
- **Mackerel** (not King Mackerel)
- Pollock
- Salmon
- Sardines
- Shrimp
- Squid
- Tilapia
- Trout

Albacore (“white”) Tuna has more mercury than chunk light tuna. Limit albacore tuna to 6 ounces or less a week.

WIC foods include canned: chunk light tuna, **mackerel**, **pink salmon** and **sardines**.

**2. Do Not Eat**

These fish are high in mercury.

- Shark
- Swordfish
- **King Mackerel**
- Tilefish

**3. Fish Caught**

Always check local advisories about the safety of fish caught in California coastal waters and fresh water lakes, rivers and reservoirs by yourself, family or friends.

It’s OK to eat:

- 2 servings a week of Rainbow Trout, or
- 1 serving a week of Bluegill or other Sunfish, Bullhead, Catfish, or Brown Trout under 16 inches

Do not eat:

- Bass, Brown Trout over 16 inches, or Carp

For local fishing information, contact: Local Public Health Department, or California Environmental Protection Agency, Office of Environmental Health Hazard Assessment at: (916) 327-7319 or (510) 622-3170 www.oehha.ca.gov/fish