

# Fish: Eating fish during pregnancy

Fish consumption guidelines are designed so that you and your baby can gain the health benefits of eating fish, without the harmful contaminants that are sometimes found in them. The key is to choose fish that are low in mercury, PCBs, and other contaminants.



## Benefits of eating fish:

- Seafood and fish are good for your heart and brain, are low in fat, high in protein and rich in nutrients and fish oils.
- Pregnant and nursing women benefit from fish oil and so do their babies and children. Fish oil is especially important for healthy brain development.

## Choose fish wisely during pregnancy:

- Contaminants found in certain fish can be harmful to pregnant women, babies and young children. It is important to know which fish and seafood choices are the healthiest for you and your baby.
- Follow the guidelines below to gain the health benefits of eating fish, while protecting you and your family from harmful contaminants at the same time.

## For more information

Visit [www.healthoregon.org/fishadv](http://www.healthoregon.org/fishadv) to learn more. Here you can find out about local fish advisories for Oregon's lakes and rivers.

You can also call 1-877-290-6767, or check the Oregon Sport Fishing Regulations at [http://dfw.state.or.us/fish/docs/2013/2013%20Oregon%20Sport%20Fishing\\_Statewide%20Regs.pdf](http://dfw.state.or.us/fish/docs/2013/2013%20Oregon%20Sport%20Fishing_Statewide%20Regs.pdf).

Download a copy of the Safe Fish Consumption Guide: [www.healthoregon.org/fishadv](http://www.healthoregon.org/fishadv)

<b>SAFE TO EAT</b> <b>2-3 MEALS</b> <b>PER WEEK</b>		<b>OR</b>	<b>SAFE TO EAT</b> <b>1 MEAL</b> <b>PER WEEK</b>		<b>AVOID OR</b> <b>EAT RARELY</b> <b>DUE TO MERCURY</b>	
<b>Follow this advice for health benefits and reduced exposure to mercury, PCBs and other toxics:</b>					<b>Especially women who are or may become PREGNANT, NURSING moms and CHILDREN should NOT eat:</b>	
<ul style="list-style-type: none"> <li>♥ Anchovies</li> <li>Butterfish</li> <li>Catfish</li> <li>Clams</li> <li>Cod (Pacific)(Atlantic)</li> <li>Crab (Blue, King, Snow) (US, CAN) (imported King)</li> <li>Crab-Imitation</li> <li>Crayfish (imported farmed)</li> <li>Flounder/Sole (Pacific) (Atlantic)</li> <li>Haddock</li> <li>♥ Herring</li> <li>♥ Mackerel (canned)</li> <li>Ocean Perch</li> <li>♥ Oysters</li> <li>Pollock/Fish sticks</li> </ul>	<ul style="list-style-type: none"> <li>♥ Salmon (fresh, canned)</li> <li>♥ Chinook (King) (coastal, AK)</li> <li>♥ Chum (Keta)</li> <li>♥ Coho (Silver)</li> <li>♥ Farmed*</li> <li>♥ Pink</li> <li>♥ Sockeye</li> <li>♥ Sardines</li> <li>Scallops</li> <li>Shrimp/Prawn (US, CAN) (imported)</li> <li>Squid/Calamari</li> <li>Tilapia (US, Central/South America) (China, Taiwan)</li> <li>♥ Trout</li> <li>Tuna (canned light)</li> </ul>	<ul style="list-style-type: none"> <li>♥ Black sea bass</li> <li>Chilean sea bass</li> <li>♥ Chinook salmon (Puget Sound)</li> <li>Croaker (white, Pacific)</li> <li>Halibut (Pacific) (Atlantic)</li> <li>Lobster (US, CAN) (imported Spiny Caribbean)</li> <li>Mahi mahi (imported longline)</li> </ul>	<ul style="list-style-type: none"> <li>Monkfish</li> <li>Rockfish/Red snapper (trawl-caught)</li> <li>♥ Sablefish/Black Cod</li> <li>♥ Tuna, Albacore (fresh, canned white) (WA, OR, CA troll/pole) (longline except Hawaii)</li> </ul>	<ul style="list-style-type: none"> <li>Mackerel (King)</li> <li>Marlin (imported)</li> <li>Shark</li> <li>Swordfish (imported)</li> <li>Tilefish (Gulf of Mexico, South Atlantic)</li> <li>Tuna Steaks</li> <li>Bluefin</li> <li>Bigeye (imported longline)</li> <li>Yellowfin (imported longline)</li> </ul>		
<p>A seafood serving or "meal" is about the size and thickness of your hand, or 1 oz. for every 20 lbs. of body weight.</p> <p><b>160 lb. adult = 8 oz. / 80 lb. child = 4 oz.</b></p>					<p>♥ Highest in healthy omega-3 fatty acids</p> <p><b>GRAY TEXT:</b> Overfished, farmed or caught using methods harmful to marine life and/or environment</p> <p>* For environmental and health information visit <a href="http://www.doh.wa.gov/fish/farmedsalmon">www.doh.wa.gov/fish/farmedsalmon</a></p>	
					<p>OHA 9718 3/2011</p>	