



Fish



Fish can be an important part of a healthy diet, but, some fish have harmful amounts of mercury. Mercury consumed by a pregnant or nursing woman or a young child can harm the developing brain and nervous system.

You can get the benefits of fish and avoid the risks of mercury by following fish advisories. Contact your local Health Department for advice about the fish caught and sold in your area. If there is no special advice for your area, follow the federal advice given here.

In 2001, the U.S. Environmental Protection Agency and the U.S. Food and Drug Administration issued national advisories concerning mercury in fish.

FRESHWATER FISH CAUGHT BY FAMILY & FRIENDS

Contact your local Health Department for specific advisories for your area. If there are none, follow the federal advisories below:

The U.S. Environmental Protection Agency (EPA) advises pregnant women, women who may become pregnant, nursing mothers, and young children to:

1. Limit their consumption of freshwater fish caught by family and friends to one meal per week.
 - ◆ For adults, one meal is 6 ounces of fish (cooked weight)
 - ◆ For children, one meal is 2 ounces (cooked weight)
2. For Ocean fish caught by family and friends, use the advice for fish purchased in stores and restaurants.

FISH PURCHASED IN STORES AND RESTAURANTS

Contact your local Health Department for specific advisories for your area. If there are none, follow the federal advisories below:

The U.S. Food and Drug Administration (FDA) advises pregnant women, women who may become pregnant, nursing mothers, and young children to:

1. Not eat shark, swordfish, king mackerel, or tilefish
2. Women who are or may become pregnant can safely eat an average of 12 ounces per week (cooked weight) of other types of fish.

Choose from a variety of shell fish, canned fish, smaller ocean fish, and farm-raised fish

Fish purchased in stores and restaurants usually have less mercury than freshwater fish caught by family and friends, so you can safely eat more.