



What Pregnant Women and Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

What is a Serving?

To find out, use the palm of your hand!

For an adult, it is typically 4 ounces; for a child between the ages of 4-7, it is typically 2 ounces.

For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, eat 2-3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" List. Eat a variety of fish. Parents and caregivers should serve 1-2 servings of fish per week to children, starting at age 2.

CHOICES TO AVOID:

DO NOT CONSUME DURING PREGNANCY – Highest Level of Mercury

- Orange Roughy
- Marlin
- Mackerel, king
- Shark
- Swordfish
- Tilefish
- Tuna, bigeye

BEST CHOICES:

Eat 2-3 Servings a Week

- Anchovies
- Atlantic Croaker
- Atlantic Mackerel
- Black Sea Bass
- Butterfish
- Catfish
- Clams
- Cod
- Crab (king)
- Crawfish
- Flounder
- Haddock
- Hake
- Herring
- Lobster (American & spiny)
- Mullet
- Oysters
- Pacific Cub Mackerel
- Perch (freshwater & ocean)
- Pickerel
- Plaice
- Pollock
- Salmon
- Sardines
- Scallops
- Shad
- Shrimp
- Skate
- Smelt
- Sole
- Squid
- Tilapia
- Trout (freshwater)
- Tuna (canned light – includes skipjack)
- Whitefish
- Whiting

GOOD CHOICES:

Eat 1 Serving a Week

- Bluefish
- Buffalo fish
- Carp
- Chilean Sea Bass/Patagonian Toothfish
- Grouper
- Halibut
- Lobster (North American)
- Mahi-Mahi/Dolphinfish
- Marlin
- Monkfish
- Rockfish
- Sheepshead
- Snapper
- Spanish Mackerel
- Sablefish
- Striped Bass (ocean)
- Tuna (yellowfin)
- Tuna, Albacore/White Tuna (canned and fresh/frozen)
- Weakfish/Seatrout
- White Croaker/Pacific Croaker

How to Prepare Food Safely:

- Wash hands and cooking surfaces often
- Keep raw meat away from raw fruit and vegetables and cooked meat
- Cook food until it is steaming hot. Keep uneaten food cold or frozen

Note: Some fish caught by family and friends, such as larger carp, catfish, trout, and perch, are more likely to have fish advisories due to mercury and other contaminants. State advisories will tell you how often you can safely eat those fish. If you DO, however, eat fish caught in local waters by friends or family, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.

Cook fish by broiling, baking, steaming, or grilling. Remove skin and fat before cooking. Do not eat the fat that drains from the fish while cooking. Avoid eating raw and undercooked meat, seafood, and eggs.

All information regarding seafood consumption during pregnancy has been obtained from ACOG.org.