

Eat Fish - Choose Wisely

Safe eating guidelines for Fish You Buy



People who are nursing, pregnant or planning to be, and **children** under 6 years old

Fish provide key nutrients like omega fats, iron, iodine and choline. These nutrients are important for heart health and to support health during pregnancy, nursing or early childhood. **Everyone should try to eat 2-3 servings of fish per week.**

People who are nursing, pregnant or planning to be pregnant, and young children, should not eat fish from the "Choices to Avoid" list. These fish are high in **mercury**, which can be harmful to a developing nervous system.



People who are **not** nursing, pregnant or planning to be, and **children** age 6 and older

Use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels.

Best Choices



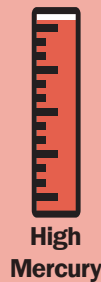
Anchovy	Hake	Shad
Atlantic mackerel	Herring	Shrimp
Black sea bass	Lobster	Sole
Catfish	Oyster	Squid
Clam	Pickering	Tilapia
Cod	Pollock	Tuna: light & skipjack (canned, fresh or frozen)
Crab	Salmon	Whitefish
Flounder	Sardine	
Haddock	Scallop	

Good Choices



Carp	Snapper
Chilean sea bass	Spanish mackerel
Grouper	Tilefish (Atlantic Ocean)
Halibut	Tuna: albacore/white & yellowfin (canned, fresh or frozen)
Mahi-Mahi/dolphinfish	White croaker (Pacific)
Monkfish	
Rockfish	

Choices to Avoid



King mackerel	Swordfish
Marlin	Tilefish (Gulf of Mexico)
Orange roughy	Tuna: bigeye (fresh or frozen)
Shark	

Eat **2-3** servings per week and no other fish that week

No limit

Eat at least **2-3** servings per week

servings per week

OR

Eat **1** serving per week and no other fish that week

OR

0
Do not eat

Eat **2** servings per week

servings per week

1 serving is about the size of the palm of your hand



Ages 1 to 3 = 1 ounce
Ages 4 to 7 = 2 ounces
Ages 8 to 10 = 3 ounces
Ages 11 to adult = 4 ounces
(1 ounce = 28 grams)






These guidelines were developed by the U.S. FDA and U.S. EPA. Go to www.fda.gov/FishAdvice for more information about eating fish.

If you eat fish caught by family or friends, check the Fish You Catch in Vermont guidelines. Go to HealthVermont.gov/Mercury-Fish to learn more and for a text-only version of the guidelines.



Eat Fish - Choose Wisely

Safe eating guidelines for Fish You Catch in Vermont

 <p>People who are nursing, pregnant or planning to be, and children under 6 years old</p>	<p>Fish are part of a healthy diet. Use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels.</p>	 <p>People who are not nursing, pregnant or planning to be, and children age 6 and older</p>
<p>Eat up to 4 meals per month</p>	<p>1 meal of fish = 8 ounce fillet</p> <p>Low Mercury</p>  <p>Rainbow Trout, Yellow Perch (less than 10"), Brown Trout, Pumpkinseed, White Perch, Brook Trout, Brown Bullhead</p>	<p>Eat up to 8 meals per month</p>
<p>OR</p> <p>Eat 1 meal per month</p>	<p>Medium Mercury</p>  <p>Largemouth Bass, Yellow Perch (10" and larger), Smallmouth Bass (less than 16"), Northern Pike</p>	<p>OR</p> <p>Eat up to 6 meals per month</p>
<p>0</p> <p>Do not eat</p>	<p>High Mercury</p>  <p>Lake Trout, Smallmouth Bass (16" and larger), Chain Pickerel, Walleye</p>	<p>OR</p> <p>Eat up to 4 meals per month</p>

If you reach the meals per month limit, eat no other fish that month. If you do not reach the limit, then you can eat additional servings of fish you buy. Use the fish meal calculator on our website to help you figure out how much fish to eat.

These guidelines are based on an 8-ounce fillet of fish caught in Vermont and scientific information about the harmful effects of mercury. They do not apply to dried fish, whole fish or fish organs. There may be specific safe eating guidelines in place for certain waterbodies in Vermont.

Want more information?

Go to HealthVermont.gov/Mercury-Fish where a text-only version of these guidelines is also available, or call us toll-free at 800-439-8550

