

# 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



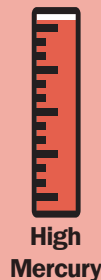
Anchovy	Hake	Shad
Atlantic mackerel	Herring	Shrimp
Black sea bass	Lobster	Sole
Catfish	Oyster	Squid
Clam	Pickering	Tilapia
Cod	Pollock	Tuna: light & skipjack (canned, fresh or frozen)
Crab	Salmon	Whitefish
Flounder	Sardine	
Haddock	Scallop	

### 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](http://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](http://HealthVermont.gov/Mercury-Fish) to learn more and for a text-only version of the guidelines.

