



SAFELY EATING FISH AND SHELLFISH

Fish and shellfish are an important part of a healthy diet. They are good for your heart and your child's growth and development. Some fish have high levels of mercury and other chemicals that are harmful to developing fetuses, nursing babies, and young children. People who are pregnant or who may become pregnant, are nursing, and children under 12 years old should eat a variety of fish and shellfish using the guidelines below.

Recommended Serving Sizes: *Pregnant/Breastfeeding Adults:* 4 oz. • *Children ages 1-3:* about 1 oz. • *Children ages 4-7:* about 2 oz.

 Best Choices Children Eat 2 SERVINGS A WEEK Adults Eat 2 TO 3 SERVINGS A WEEK	OR	Good Choices Adults eat 1 SERVING A WEEK 																																																																														
<table> <tr><td>Anchovy</td><td>Herring</td><td>Scallop</td></tr> <tr><td>Atlantic croaker</td><td>Lobster,</td><td>Shad</td></tr> <tr><td>Atlantic mackerel</td><td>American and spiny</td><td>Shrimp</td></tr> <tr><td>Black sea bass</td><td>Mullet</td><td>Skate</td></tr> <tr><td>Butterfish</td><td>Oyster</td><td>Smelt</td></tr> <tr><td>Catfish</td><td>Pacific chub</td><td>Sole</td></tr> <tr><td>Clam</td><td>mackerel</td><td>Squid</td></tr> <tr><td>Cod</td><td>Perch, freshwater</td><td>Tilapia</td></tr> <tr><td>Crab</td><td>and ocean</td><td>Trout, freshwater</td></tr> <tr><td>Crawfish</td><td>Pickering</td><td>Tuna, canned light</td></tr> <tr><td>Flounder</td><td>Plaice</td><td>(includes skipjack)</td></tr> <tr><td>Haddock</td><td>Pollock</td><td>Whitefish</td></tr> <tr><td>Hake</td><td>Salmon</td><td>Whiting</td></tr> <tr><td></td><td>Sardine</td><td></td></tr> </table>	Anchovy	Herring	Scallop	Atlantic croaker	Lobster,	Shad	Atlantic mackerel	American and spiny	Shrimp	Black sea bass	Mullet	Skate	Butterfish	Oyster	Smelt	Catfish	Pacific chub	Sole	Clam	mackerel	Squid	Cod	Perch, freshwater	Tilapia	Crab	and ocean	Trout, freshwater	Crawfish	Pickering	Tuna, canned light	Flounder	Plaice	(includes skipjack)	Haddock	Pollock	Whitefish	Hake	Salmon	Whiting		Sardine			<table> <tr><td>Bluefish</td><td>Monkfish</td><td>Tilefish (Atlantic Ocean)</td></tr> <tr><td>Buffalo fish</td><td>Rockfish</td><td>Tuna, albacore/white</td></tr> <tr><td>Carp</td><td>Sablefish</td><td>tuna, canned and</td></tr> <tr><td>Chilean sea bass/</td><td>Sheepshead</td><td>fresh/frozen</td></tr> <tr><td>Patagonian toothfish</td><td>Snapper</td><td>Tuna, yellowfin</td></tr> <tr><td>Grouper</td><td>Spanish mackerel</td><td>Weakfish/Seatrout</td></tr> <tr><td>Halibut</td><td>Striped bass</td><td>White croaker/</td></tr> <tr><td>Mahi mahi/</td><td>(ocean)</td><td>Pacific croaker</td></tr> <tr><td>Dolphinfish</td><td></td><td></td></tr> </table> <div> Avoid HIGHEST MERCURY LEVELS </div> <table> <tr><td>King mackerel</td><td>Shark</td><td>Tilefish (Gulf of Mexico)</td></tr> <tr><td>Marlin</td><td>Swordfish</td><td>Tuna, bigeye</td></tr> <tr><td>Orange roughy</td><td></td><td></td></tr> </table>	Bluefish	Monkfish	Tilefish (Atlantic Ocean)	Buffalo fish	Rockfish	Tuna, albacore/white	Carp	Sablefish	tuna, canned and	Chilean sea bass/	Sheepshead	fresh/frozen	Patagonian toothfish	Snapper	Tuna, yellowfin	Grouper	Spanish mackerel	Weakfish/Seatrout	Halibut	Striped bass	White croaker/	Mahi mahi/	(ocean)	Pacific croaker	Dolphinfish			King mackerel	Shark	Tilefish (Gulf of Mexico)	Marlin	Swordfish	Tuna, bigeye	Orange roughy		
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It is best for pregnant and breastfeeding adults and children to avoid consuming raw or undercooked fish since this may increase their risk of foodborne illness.

Adapted from www.FDA.gov/fishadvice

People who are pregnant, may become pregnant, are nursing, and children under 12 years old should NOT EAT freshwater fish caught in streams, rivers, lakes and ponds in Massachusetts. They may contain mercury or other harmful substances. More information can be found at: www.mass.gov/lists/fish-consumption-advisories or by contacting the DPH Environmental Toxicology Program at 617-624-5757 or DPHToxicology@mass.gov.