

# 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 that are harmful to adults of childbearing age, especially pregnant and breastfeeding adults and growing children. See below for guidelines when choosing fish and shellfish.

**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**

- |                   |                    |                     |
|-------------------|--------------------|---------------------|
| 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            |                     |

OR

## Good Choices

Adults **EAT 1 SERVING A WEEK**



- |   |                         |                                   |
|---|-------------------------|-----------------------------------|
| Bluefish                                  | Monkfish                | Tilefish (Atlantic Ocean)         |
| Buffalo fish                              | Rockfish                | Tuna, albacore/white              |
| Carp                                      | Sablefish               | tuna, canned and                  |
| Chilean sea bass/<br>Patagonian toothfish | Sheepshead              | fresh/frozen                      |
| Grouper                                   | Snapper                 | Tuna, yellowfin                   |
| Halibut                                   | Spanish mackerel        | Weakfish/Seatrout                 |
| Mahi mahi/<br>Dolphinfish                 | Striped bass<br>(ocean) | White croaker/<br>Pacific croaker |

## Avoid

**HIGHEST MERCURY LEVELS**

- |               |           |                           |
|---------------|-----------|---------------------------|
| King mackerel | Shark     | Tilefish (Gulf of Mexico) |
| Marlin        | Swordfish | Tuna, bigeye              |
| Orange roughy |           |                           |

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](http://www.FDA.gov/fishadvice)

**DO 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](http://www.mass.gov/lists/fish-consumption-advisories).**

## Las Mejores Opciones

English	Spanish
Anchovy	Boquerón o anchoa
Atlantic croaker	Corvina
Mackerel	Caballa
Black sea bass	Lisa o pargo
Butterfish	Palometa
Catfish	Bagre o pez gato
Clam	Almeja
Cod	Bacalao
Crab	Cangrejo
Crawfish	Cangrejo de río
Flounder	Patija o lenguado
Haddock	Eglefino
Hake	Merluza
Herring	Arenque
Lobster, American and spiny	Langosta Americana o espinosa
Mullet	Róbalo
Oyster	Ostra
Pacific chub mackerel	Caballa de Pacífico
Perch, freshwater and ocean	Perca, de agua dulce y de mar
Pickering	Lucio
Plaice	Solla
Pollock	Gado o abadejo
Salmon	Salmón
Sardine	Sardina
Scallop	Vieira
Shad	Sábalo
Shrimp	Camarón
Skate	Raya
Smelt	Eperlano
Sole	Lenguado
Squid	Calamar
Tilapia	Tilapia
Trout, freshwater	Trucha, de agua dulce
Tuna, canned light (includes skipjack)	Atún, entalado claro (incluye el bonito)
Whitefish	Pescado blanco
Whiting	Merlán o pescadilla

## Buenas Elecciones

English	Spanish
Bluefish	Anjova
Buffalo fish	Bagre búfalo (o bagre boca chica)
Carp	Carpa
Chilean sea bass/ Patagonian toothfish	Perca de mar chilena/ Merluza negra
Grouper	Mero
Halibut	Halibut o fletán
Mahi Mahi/Dolphinfish	Dorado/pez delfin
Monkfish	Rape
Rockfish	Pez roca
Sablefish	Bacalao negro
Sheepshead	Chopa
Snapper	Lutánido o pargo
Spanish mackerel	Caballa española
Striped bass (ocean)	Lubina rayada (del mar)
Tilefish (Atlantic Ocean)	Blanquillo o lofolátilo (Océano Atlántico)
Tuna, albacore/white tuna, canned and fresh/frozen	Atún, albacora/blanco, entalado y fresco/congelado
Tuna, yellowfin	Atún, aleta amarilla
Weakfish/seatrout	Corvinata real/trucha de mar
White croaker/Pacific croaker	Corvina blanca/Corvina del Pacífico

## Evitar

English	Spanish
King Mackerel	Macarela rey o caballa
Marlin	Pez aguja o marlin
Orange Roughy	Reloj anaranjado, raya o pez emperador
Shark	Tiburón
Swordfish	Pez espada
Tilefish (Gulf of Mexico)	Blanquillo o lofolátilo (Golfo de México)
Tuna, bigeye	Atún de ojos grandes o patudo