



Eat Fish.

Be Smart. Choose Wisely.

Seafood is good for your heart and brain. It's low in fat, high in protein, and rich in nutrients and omega-3s.

This guide will help you get the health benefits of fish while protecting you from contaminants found in fish. Babies and children are most at-risk.



◀ **Look for this symbol.**

Do you fish in Washington State?

There is a statewide advisory due to mercury.



- Do not eat northern pikeminnow.
- Limit largemouth and smallmouth bass to two meals per month.

Check for local fish advisories at:
www.doh.wa.gov/fish

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For more information visit:
www.doh.wa.gov/fish
or call TOLL FREE: **1-877-485-7316**

What you can do to reduce toxic chemicals:
www.ecy.wa.gov/toxics

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.
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HEALTHY FISH GUIDE

Fishing for the safest seafood?



Are you pregnant, planning to become pregnant, or feeding children?

Use this guide to make healthy choices for you and your family.

**SAFE TO EAT
2-3 MEALS
PER WEEK**



OR

**SAFE TO EAT
1 MEAL
PER WEEK**



**SHOULD NOT EAT
DUE TO MERCURY**



Follow this advice to reduce your exposure to mercury, PCBs, and other toxic chemicals:

♥ Anchovies
♥ Black sea bass
Butterfish
Catfish
Clams
Cod (US Pacific) (US Atlantic)
Crab (Blue, King, Snow)
(US, CAN) (imported King)
Crab – Imitation
Crayfish (imported farmed)
Flounder/Sole
♥ Herring
♥ Mackerel (canned)
♥ Oysters
Pollock/Fish sticks

♥ Salmon (fresh, canned)
♥ Chinook (King)
(coastal, Alaska)
♥ Chum (Dog, Keta)
♥ Coho (Silver)
♥ Farmed*
♥ Pink (Humpy)
♥ Sockeye (Red)
♥ Sardines
(US Pacific) (US Atlantic)
Scallops
Shrimp/Prawns
(US, Canada) (imported)
Squid/Calamari
(Mitre, Indian spp)
Tilapia
♥ Trout
Tuna (canned light)
(troll/pole) (imported
longline, purse seine)

Chilean sea bass
(Chile) (Crozet, Prince
Edward & Marion Islands)
♥ Chinook salmon
(Puget Sound)
Croaker (white, Pacific)
Halibut (Pacific) (Atlantic)
Lobster (US, Canada)
(imported Spiny Caribbean)
Mahi mahi
(imported longline)

Monkfish
Rockfish/Red snapper
(trawl-caught)
♥ Sablefish/Black cod
♥ Tuna, Albacore
(fresh, canned white)
(WA, OR, CA troll/pole)
(imported longline)
Tuna, Yellowfin
(imported longline)



What is a meal?

A meal is about the size and thickness of your hand, or 1 oz. uncooked fish for every 20 lbs. of body weight.

160 lb. Adult = 8 oz. / 80 lb. Child = 4 oz.

People who are or may become PREGNANT, PEOPLE FEEDING BABIES THEIR MILK, and CHILDREN should NOT eat:

Mackerel (King)
Marlin (imported)
Orange roughy
Shark
Swordfish (imported)

Tilefish (Gulf of Mexico, South Atlantic)
Tuna Steak
Bluefin
Bigeye
(imported longline)

♥ Highest in healthy omega-3 fatty acids

ORANGE TEXT: Overfished, farmed, or caught using methods harmful to marine life and/or environment

*** Farmed salmon information:**
www.doh.wa.gov/fish/farmedsalmon
Seafood not listed? Call 1-877-485-7316