

# DO YOU EAT FISH?

## FISH CAN BE A HEALTHY CHOICE!

- ◆ Fish is a high-protein, low-fat food that should be part of a healthy diet.
- ◆ However, chemicals in some fish may be hazardous to your child's health.

### Do you eat fish, shellfish, or turtles caught from local waters?

- ◆ The U.S. Environment Protection Agency (EPA) is recommending that **pregnant women or women that may become pregnant, and nursing mothers** not eat more than 6 ounces in a week of fish (cooked weight). This advice is for fish caught in local waters
- ◆ The EPA also recommends that young children not eat more than 2 ounces in a week of fish (cooked weight), caught in local waters.

### Do you eat fish from a store or restaurant ?

- ◆ The U.S. Food and Drug Administration (FDA) is recommending that **pregnant women, women who may become pregnant, nursing mothers, and young children** not eat shark, swordfish, king mackerel, or tilefish.
- ◆ The FDA also recommends that pregnant women and women who may become pregnant can safely eat up to an average of 12 ounces a week of other types of fish (cooked weight) from a store or restaurant.

## WHAT CAN YOU DO?

- ◆ Contact your Health Department for specific advisories for your area. If there are none, follow the federal advisories above.
- ◆ Connect to [www.epa.gov/ost/fish](http://www.epa.gov/ost/fish) for additional information and related links.

