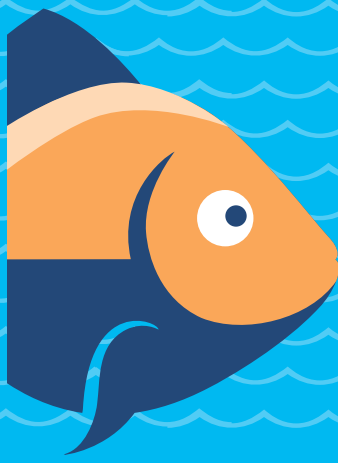


# EATING FISH



Fish provide key nutrients that support a child's brain development.

## Why is Fish Nutritious?

Eating fish during pregnancy and breastfeeding provides key nutrients that support a **child's brain development**:



- Choline also supports development of the **baby's spinal cord**.
- Iron and zinc support **children's immune systems**.
- Fish are a source of other nutrients like protein, vitamin B12, vitamin D, iodine, and selenium, too.

## Are There Other Benefits of Eating Fish?

There are many potential benefits of eating fish. For example, strong evidence shows that eating fish, as part of a healthy eating pattern, may have heart health benefits.



## How Much Fish Should I Eat?

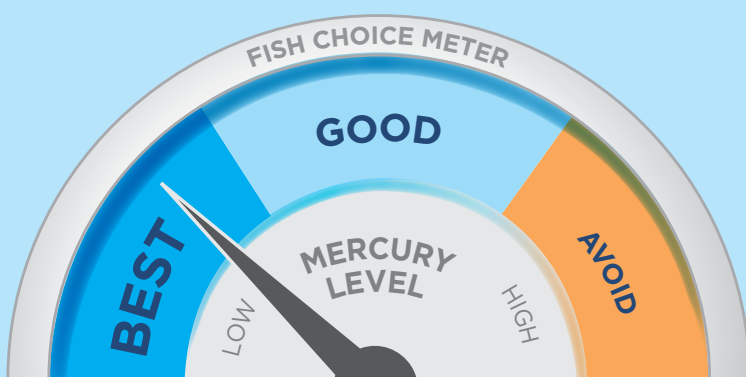
Eat **8 to 12 ounces per week** of fish from the "Best Choices" list.



A serving is **4 ounces** (about the size of an adult palm)

## What Kind of Fish Should I Eat?

Choose a variety of fish from "**Best Choices**," which are lower in mercury.



### Best Choices\*

- |                     |                               |  |
|---------------------|-------------------------------|--|
| • Anchovy           | • Herring                     | • Scallop                                |
| • Atlantic croaker  | • Lobster, American and spiny | • Shad                                   |
| • Atlantic mackerel | • Mullet                      | • Shrimp                                 |
| • Black sea bass    | • Oyster                      | • Skate                                  |
| • Butterfish        | • Pacific chub mackerel       | • Smelt                                  |
| • Catfish           | • Perch, freshwater and ocean | • Sole                                   |
| • Clam              | • Pickerel                    | • Squid                                  |
| • Cod               | • Plaice                      | • Tilapia                                |
| • Crab              | • Pollock                     | • Trout, freshwater                      |
| • Crawfish          | • Salmon                      | • Tuna, canned light (includes skipjack) |
| • Flounder          | • Sardine                     | • Whitefish                              |
| • Haddock           |                               | • Whiting                                |
| • Hake              |                               |  |

\*The "Best Choices" list of fish shown above is one of three categories of fish in this advice. The [full chart](#) describes "Best Choices," "Good Choices," and "Choices to Avoid."