

# Straight Talk About Eating Fish Safely



## A Guide For

# Women and Children

Seafood is nutritious and good for you. \*

However, mercury & PCBs can be present in certain species, so use this pyramid as a guide.

**Do  
Not  
Eat**

This advice is for pregnant women, women of childbearing age, nursing mothers and young children.

Everyone else can eat more fish, although some limits are still recommended.

Swordfish    Shark  
Striped Bass    Tilefish

### 1 Meal a Week of These:

Salmon (farm-raised)    Halibut  
Tuna Steak    White Tuna (canned)  
Red Snapper    Catfish (farm-raised)

Or

### Eat 2 Meals a Week of These:

Salmon (wild)    Haddock    Atlantic Mackerel  
Sole & Flounder    Tilapia    Perch  
Cod    Trout    Catfish  
Pollock    Herring  
Light tuna (canned)    Shellfish (oysters, shrimp, clams, scallops, lobster)

\*This chart refers only to cooked fish and shellfish. Thoroughly cooking fish and shellfish reduces the risk of food-borne illness.



## Want to Find out More Information?

Call Toll Free 1-877-458-FISH (3474)

Web Site: [www.dph.state.ct.us/fish.htm](http://www.dph.state.ct.us/fish.htm)

