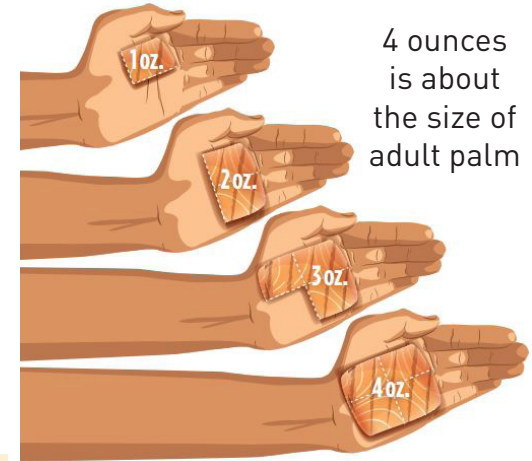


Eat Fish, Choose Wisely



- **Pregnant women, breastfeeding women, women who may become pregnant, and children 11 years and older:** Eat 2 to 3 servings a week of fish from the list of “**Best Choices**” (fish lowest in mercury and fish low in mercury) OR 1 serving a week from the “**Good Choices**” list. The serving size for adults and children 11 years and older is 4 ounces.
- **Children 1 to 10 years:**
Eat 2 servings a week from the list of “Fish Lowest in Mercury.”
 On average, a serving is about:
 - 1 ounce at age 1 to 3 years
 - 2 ounces at age 4 to 7 years
 - 3 ounces at age 8 to 10 years



Best Choices

Fish Lowest in Mercury

Anchovy
 Catfish
 Clam
 Crab
 Crawfish
 Flounder
 Haddock
 Mackerel - Atlantic
 Mullet
 Oyster (cooked)
 Plaice
 Pollock
 Salmon
 Sardine
 Scallop
 Shad
 Shrimp
 Sole
 Squid
 Tilapia
 Trout, freshwater
 Whiting

Fish Low in Mercury

Black Sea Bass
 Butterfish
 Cod
 Croaker - Atlantic
 Hake
 Herring
 Lobster - American and Spiny
 Mackerel - Pacific Chub or Jack
 Perch - Freshwater and Ocean
 Pickerel
 Skate
 Smelt
 Tuna - canned Light and Skipjack
 Whitefish

Good Choices

Fish Moderate in Mercury

Bluefish
 Buffalofish
 Carp
 Chilean Sea Bass/Patagonian Toothfish
 Croaker - White and Pacific
 Grouper
 Halibut
 Mahi Mahi/Dolphinfish
 Monkfish
 Pompano - Florida
 Rockfish
 Sablefish
 Sheepshead
 Snapper
 Spanish Mackerel
 Striped Bass - Ocean
 Tarpon
 Tilefish - Atlantic Ocean
 Tuna - Albacore and White, canned and fresh/frozen
 Tuna - Yellowfin
 Weakfish/Seatrout

Do not eat these fish!

Fish Highest in Mercury

Cobia
 King Mackerel
 Little Tunny
 Marlin
 Orange Roughy
 Shark
 Swordfish
 Tilefish - Gulf of Mexico
 Tuna - Bigeye and Blackfin

Mercury can pass through the placenta or breast milk and harm your baby. Too much mercury can also harm infants and young children.

If you eat fish caught by family or friends, check for local or state fish advisories. In some bodies of water in Florida, it is recommended not to eat the following fish: largemouth bass, chain pickerel, black crappie, common snook, red drum, yellow bullhead catfish, flathead catfish, spotted sunfish, crevalle jack, bank seabass, weakfish, and scamp grouper. There are also some fish in bodies of water in Florida in which it is recommended to only eat the fish once per month.

Caution: If you are pregnant, **do not eat** raw oysters, raw fish such as sushi, or refrigerated smoked fish. **Do not feed** raw fish or fish with bones to infants or children. **Do not eat** Puffer Fish.

Florida Department
 of Health
 WIC Program
 FloridaWIC.org
 HealthiestWeightFL.com

