

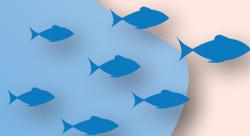
# Eating Fish:

## Safety Tips for Women and Children

Fish has protein and healthy fats, but some fish contain harmful chemicals like mercury and pesticides. Growing children, pregnant and breastfeeding women, and women who could become pregnant especially need to

limit how much fish they eat.

Use these tips to eat fish safely.



## Safety Tips About Fish

- **Never eat:** shark, swordfish, tilefish, or king mackerel. These fish are highest in mercury.
- Eat a variety of other fish.
- Limit amounts eaten each week. See other side for details.
- Eat only the fillet (flesh/meat) of the fish. Throw away the head, guts, kidneys, liver, fat, and skin.
- Avoid raw fish and shellfish.
- Broil, grill, bake, or steam fish on a rack. Throw away the drippings or juice.
- Choose chunk light canned tuna. It has less mercury than white or albacore canned tuna, or tuna steaks.
- If you catch fish, follow the health and fishing advisories in your area. For more information, contact:
  - \* your local Public Health Department or
  - \* the Office of Environmental Health Hazard Assessment at (916) 327-7319, (510) 622-3170 or [www.oehha.ca.gov/fish.html](http://www.oehha.ca.gov/fish.html)

For more information, visit FDA's Food Safety website at [www.cfsan.fda.gov](http://www.cfsan.fda.gov)



How much fish or shellfish (except shark, swordfish, tilefish, or king mackerel) can you safely eat each week?

Fish or shellfish:	Women (choose only one per week)	Children under 6 years old (choose only one per week)
From store or restaurant 	16 ounces* —OR— 2 six-ounce cans of chunk light tuna —OR— 8 ounces* and 1 six-ounce can of chunk light tuna —OR—	6 ounces* —OR— 4 ounces of canned chunk light tuna —OR— 6 fish sticks (or 6 ounces) —OR—
Caught by yourself, family or friends in: <ul style="list-style-type: none"> <li>• <b>fresh water:</b> lakes, reservoirs, rivers, streams, or</li> <li>• <b>coastal waters:</b> ocean or bay</li> </ul> 	Follow local health and fishing advisories. If no advice is available, and no other fish is eaten, women may have: 8 ounces* *weight before cooking	children may have: 3 ounces* *weight before cooking

Developed by the California WIC Program. The information in this handout is based on the pamphlet "Mercury in Fish" developed by the Environmental Health Investigations Branch (EHIB) of the California Department of Public Health (CDPH).



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