

# Eat Fish. Be Smart. Choose Wisely.

**Seafood** is good for your heart and brain. It is low in fat, high in protein, and rich in nutrients and omega-3s. Clip this Healthy Fish Guide, put it in your wallet, and use when you shop for fish. It will help you make healthy choices – especially if you are or might become pregnant, if you are nursing or feeding young children, or if you are concerned about contaminants in fish.

FOLD

FOLD



**SAFE TO EAT  
2-3 MEALS  
PER WEEK**



OR

**SAFE TO EAT  
1 MEAL  
PER WEEK**



**AVOID  
DUE TO MERCURY**



Follow this advice to reduce your exposure to mercury, PCBs, and other toxics:

Women who are or may become **PREGNANT, NURSING MOTHERS, and CHILDREN should NOT eat:**

- ♥ Anchovies
- Butterfish
- Catfish
- Clams
- Cod (Pacific) (Atlantic)
- Crab (Blue, King, Snow) (US, CAN) (imported King)
- Crab-Imitation
- Crayfish (imported farmed)
- Flounder/Sole (Pacific) (Atlantic)
- ♥ Herring
- ♥ Mackerel (canned)
- ♥ Oysters
- Pollock/Fish sticks
- ♥ Salmon (fresh, canned)
- ♥ Chinook (King) (coastal, AK)
- ♥ Chum (Keta)
- ♥ Coho (Silver)
- ♥ Farmed \*
- ♥ Pink (Humpy)
- ♥ Sockeye (Red)
- ♥ Sardines (US, CAN) (imported)
- Scallops
- Shrimp/Prawns
- Squid/Calamari
- Tilapia (US, Central/South America) (China, Taiwan)
- ♥ Trout
- Tuna (canned light)

- ♥ Black sea bass
- Chilean sea bass
- ♥ Chinook salmon (Puget Sound)
- Croaker
- Halibut (Pacific) (Atlantic)
- Lobster (US, CAN) (imported Spiny Caribbean)
- Mahi mahi (imported longline)
- Monkfish
- Rockfish/Red snapper (trawl-caught)
- ♥ Sablefish/Black cod
- ♥ Tuna, Albacore (fresh, canned white) (WA, OR, CA troll/pole) (longline - except Hawaii)



A seafood serving or "meal" is about the size and thickness of your hand, or 1 oz. for every 20 lbs. of body weight.

160 lb. Adult = 8 oz. 80 lb. Child = 4 oz.

- Mackerel (King)
- Marlin (imported)
- Shark
- Swordfish (imported)
- Tilefish (Gulf of Mexico, South Atlantic)
- Tuna Steak
- Bluefin
- Bigeye (imported longline)
- Yellowfin (imported longline)

♥ Highest in healthy omega-3 fatty acids

**ORANGE TEXT:** Overfished, farmed, or caught using methods harmful to marine life and/or environment

\* For environmental and health information, visit [www.doh.wa.gov/fish/farmedsalmon](http://www.doh.wa.gov/fish/farmedsalmon)

## Reduce your exposure to PCBs and other contaminants\* that collect in the fatty parts of fish by up to 50%

- Remove fat and skin before cooking.
- Grill, broil, or bake the fish.
- Let fat drip off during cooking.
- Don't use the fat for gravy or sauces.

\* Note: Mercury is a contaminant that collects in the fillet or muscle of the fish. It cannot be removed by cooking or preparation methods. If you are concerned about mercury, use the Healthy Fish Guide above and choose fish that are low in mercury.

## To reduce exposure even more:

- Eat a variety of fish.
- Consume younger, smaller fish.
- If you eat more than the recommended amount of fish one month, try to eat less the next month.



For more information, visit: [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)

or call TOLL FREE: **1-877-485-7316** TDD LINE: 1-800-833-6388

**Fish not listed?** Call DOH: 1-877-485-7316

**Concerned about toxics in the environment?**

Visit: [www.ecy.wa.gov/toxics](http://www.ecy.wa.gov/toxics)

**Want information on seafood choices that protect marine life and/or environment and support well-managed fisheries?**

Visit: [www.seafoodwatch.org](http://www.seafoodwatch.org) and [www.nmfs.noaa.gov/fishwatch](http://www.nmfs.noaa.gov/fishwatch)

Available in other formats for persons with disabilities.

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