For Moms and Moms-to-Be

If you are pregnant, breastfeeding your child, or thinking about becoming pregnant, it is important that you avoid consuming too much methyl mercury. This substance can be found in certain fish, and it can harm an unborn child's developing nervous system if eaten regularly.

Don't Eat . . .

Avoid these five fish:

- Shark
- Swordfish
- King mackerel
- Tilefish
- Halibut

Don't deny yourself or your unborn baby the nutritional benefits of fish. You can eat 12 ounces (2 average meals) a week of other types of cooked fish, as long as you eat a variety that is lower in mercury. This same advice should be followed when you're feeding fish and shellfish to your young child, but serve smaller portions.

Do Eat . . .

Seven of the most commonly eaten fish that are low in mercury are:

- Shrimp
- Canned light tuna*
- Salmon
- Pollock
- Catfish
- Sardines
- Cod

* *Another commonly-eaten fish, albacore ("white") tuna, has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.*

"Local Catch" Alert . . .

Be sure and check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas.

Pregnant women and children should only eat seafood that has been properly cooked. **Fish should reach 145°F for at least 15 seconds**. Do not eat raw oysters, raw fish (sushi) or refrigerated smoked fish.

Adapted from the U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition 'Fresh and Frozen Seafood' brochure August 2006.
Please visit http://fn.cfs.purdue.edu/fish4health/ for more information. Indiana WIC April 2008