



Safety Tips About Fish

Fish has protein and healthy fats like omega-3, but some fish contain harmful chemicals like mercury. Growing children, pregnant and breastfeeding women, and women who could become pregnant may need to limit how much fish they eat

Eat 8-12 ounces (about 2 or 3 servings) of a variety of fish a week. For young children, give them 2 or 3 servings of fish a week.

Choose fish lower in mercury.

- Eat a variety of fish such as salmon, tilapia, shrimp, pollock, tuna, catfish, herring, scallops, oysters, and cod.
- Choose chunk light canned tuna. It has less mercury than white or albacore canned tuna. Limit white (albacore) tuna to 6 ounces a week.

Avoid four types of fish that are highest in mercury.

- King Mackerel
- Tilefish
- Shark
- Swordfish

Follow the local fish advisories when eating fish you or others have caught.

- For more information on local fish advisories, contact your local public health department or visit www.ndhealth.gov/WQ.
- If advice isn't available, women should limit such fish to 6 ounces a week and young children to 1 to 3 ounces a week and not eat other fish that week.

Tips to Help You Eat More Seafood

- **Keep it lean and flavorful:** Try grilling, broiling, roasting, or baking – they don't add extra fat. Using spices or herbs, such as dill, chili powder, paprika, or cumin, and lemon or lime juice, can add flavor.
- **Keep seafood on hand:** Canned seafood, such as canned salmon or tuna, makes a quick and easy meal.
- **Get creative with seafood:** Try salmon patties, a shrimp stir-fry, or grilled fish tacos.
- **Put it on a salad or in a sandwich:** Top a salad with grilled scallops, shrimp, or crab in place of steak or chicken. Use canned tuna or salmon for sandwiches in place of deli meats.
- **Shop smart:** Eating more seafood does not have to be expensive. Tilapia, canned tuna, and some frozen seafood are usually lower cost options. Check the local newspaper, online, and at the store for sales, coupons, and specials to help save money on seafood.



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