



Eat Fish, Choose Wisely!

Exposure to mercury can affect the developing brain.



- ✓ Eat up to 3 servings per week of low-mercury fish such as tilapia, cod, salmon, and canned light tuna. Fish contain nutrients that support healthy brain development.
- ✓ Avoid fish known to be high in mercury such as shark, swordfish, king mackerel, tilefish, tuna steaks, and tuna sushi.
- ✓ Check local fish advisories before eating the fish you catch. Fish caught in many NY water bodies may contain mercury and other pollutants.

Signed: _____



R_X PRESCRIPTION FOR PREVENTION



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- ✓ FDA and EPA advice on healthy fish consumption visit: www.fda.gov (and search “Eating Fish: What Pregnant Women and Parents Should Know”).

What is a Serving?
*To find out, use the
palm of your hand!*

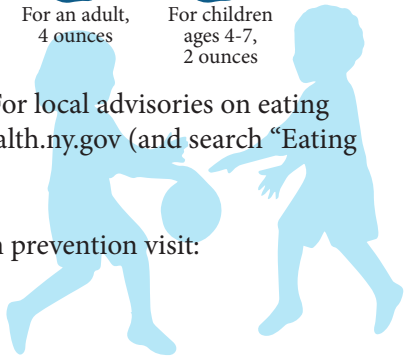


For an adult,
4 ounces



For children
ages 4-7,
2 ounces

- ✓ Fishing in NYS waters? For local advisories on eating your catch visit: www.health.ny.gov (and search “Eating fish you catch”)
- ✓ For more information on prevention visit: nyscheck.org/rx



New York State **Children's**
Environmental Health Centers

NYSHECK.ORG