

Eat Fish Choose Wisely!

## Did you know?

Seafood is an important source of nutrients, especially during pregnancy. Choose Fish Wisely to limit mercury exposure.

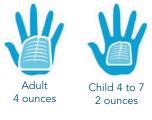
## Action Plan

New York State Children's

**Environmental Health Centers** 

□ 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.

## What's a serving of fish?



Source: FDA and EPA

- 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.

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NYSCHECK.ORG

 fda.gov, search "Advice about Eating Fish," and select "FDA

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Resources

Fishing in NYS waters? For local advisories on eating your catch, visit: <u>health.ny.gov</u> and search "Eating Fish You Catch."

For FDA and EPA advice on healthy fish consumption, visit

For more information visit: nyscheck.org/rxs



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