

Eat Fish Choose Wisely!

Did you know?

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

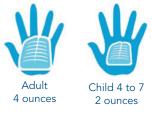
Action Plan

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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