



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

- 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?



Adult
4 ounces



Child 4 to 7
2 ounces

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.

more →

Signature _____

Date _____

Resources

For FDA and EPA advice on healthy fish consumption, visit fda.gov, search "Advice about Eating Fish," and select "FDA and EPA Issue Fish Consumption Advice" from the search results.

For local resources regarding eating fish:

New York State	Find the fish advisory for your local waters: visit health.ny.gov and search "Eating Fish You Catch."
New Jersey	Fish Smart Eat Smart NJ: state.nj.us/dep/dsr/njmainfish

For more information, visit icahn.mssm.edu/research/pehsu/information