



# 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](#) →

## Resources

For FDA and EPA advice on healthy fish consumption, visit [fda.gov](https://www.fda.gov), search "Advice about Eating Fish," and select "FDA and EPA Issue Fish Consumption Advice" from the search results.

Fishing in NYS waters? For local advisories on eating your catch, visit: [health.ny.gov](https://www.health.ny.gov) and search "Eating Fish You Catch."

Fishing in the Hudson Valley Region? To learn more about mercury levels found in different fish, visit [health.ny.gov](https://www.health.ny.gov) and search "Hudson Valley Region Fish Advisories."

For advice on eating Hudson River fish, visit [clearwater.org/eating-hr-fish](https://www.clearwater.org/eating-hr-fish)

For more information visit: [nyscheck.org/rxs](https://www.nyscheck.org/rxs)

To request an environmental telehealth consultation with one of the experts at the Children's Environmental Health Center of the Hudson Valley, please call 914-493-7585.

