



# Eat Fish, Choose Wisely!

Did you know?

*Seafood is an important source of nutrients,  
especially during pregnancy*

## 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.
- 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.

What's a serving?



Adult  
4 ounces



Child  
2 ounces

[more](#) →



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## Resources

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

Fishing in NYS waters? For local advisories on eating your catch visit: [www.health.ny.gov](http://www.health.ny.gov) (and search “Eating fish you catch”)

For more information visit: [nyscheck.org/rx](http://nyscheck.org/rx)

