

EAT FISH! WHY FISH! THAT FISH! GO FISH!



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EAT FISH!

The Dietary Guidelines for Americans recommends eating fish as part of a healthy eating pattern.

- At least 8 ounces of seafood for adults (less for children) per week based on a 2,000 calorie per day diet.
- Those who are pregnant or breastfeeding should consume between 8 and 12 ounces per week of a variety of seafood from choices that are lower in mercury.

WHY FISH!

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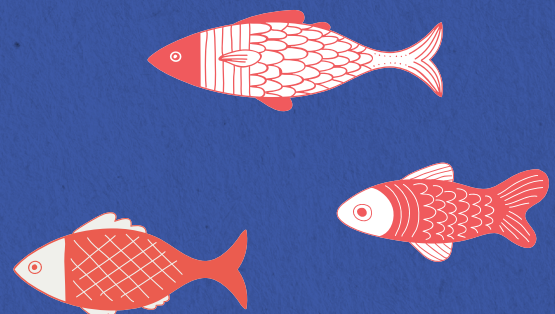
- Promotes baby's brain development during pregnancy
- Supports children's immune systems
- Lowers risk of heart disease
- Improves brain health and may reduce the risk of Alzheimer's and dementia later in life
- Reduces risk of autoimmune diseases
- Improves sleep quality

Key nutrients found in fish:

Omega-3 Fat
Omega-6 Fat
Choline
Iron

Protein
Vitamin B12
Vitamin D
Iodine

Selenium
Calcium



THAT FISH!

While it is important to limit mercury in the diets of those who are pregnant or breastfeeding and children, many types of fish are both nutritious and lower in mercury. WIC offers many canned fish options to all women and children.

Pregnancy and Breastfeeding

Eat 2 to 3 servings a week from the “Best Choices” list.

- 1 serving = 4 ounces

Children

Eat 2 servings a week from the “Best Choices” list. On average, a serving is about:

- 1 ounce – age 1 to 3
- 2 ounces – age 4 to 7
- 3 ounces – age 8 to 10
- 4 ounces – age 11 and older

Infants can eat fish too! You can introduce nutritious foods like fish to compliment breast milk or infant formula in your baby’s diet once they are about 6 months of age.

Best Choices:

Anchovy	Haddock	Pickrel	Squid
Atlantic croaker	Hake	Plaice	Tilapia
Atlantic mackerel	Herring	Pollock	Trout freshwater
Black sea bass	Lobster	Salmon	Tuna canned light (includes skipjack)
Butterfish	(American & spiny)	Sardine	Whitefish
Catfish	Mullet	Scallop	Whiting
Clam	Oyster	Shad	
Cod	Pacific chub mackerel	Shrimp	
Crab	Perch	Skate	
Crawfish	(freshwater and ocean)	Smelt	
Flounder		Sole	

GO FISH!

What about fish caught by family or friends? Check for fish and shellfish advisories to tell you how often you can safely eat those fish. If there is no advisory, eat only one serving and no other fish that week. Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants.

Fish is a superfood that’s worth eating.