Eat Fish Safely – Tips

Eating fish is important for you and your baby. Fish contains healthy fats that protect your heart and help your baby's brain develop. Follow these four tips to eat fish safely.

Tip 1: Do not eat fish that contain high levels of mercury:

- Shark
- Swordfish
- King Mackerel
- Tilefish

Tip 2: Cook your fish safely:

- Heat fish to 145°F or until the flesh is a pearl color and flakes easily.
- Cook shellfish until they open and only eat those that open.
- Do not eat any raw, smoked, or cured fish (such as lox).

Tip 3: Eat up to 12 ounces of fish (two average meals) per week:

- Four low mercury fish you may like are: canned light tuna, salmon, Pollock, and catfish.
- Eat only up to 6 ounces of albacore (white) tuna per week to avoid mercury.
- Eat only the fillet of fish; do not eat the organs or guts of fish or shellfish.

Tip 4: Check local fish advisories before you eat fish from local waters:

- Go to: https://oehha.ca.gov/fish to find out about safe fishing near you.
- If no fish advisory is available, only eat up to 6 ounces per week of fish you catch.
- Eat smaller fish. They have fewer chemicals.
- If you gather shellfish, follow all the above rules. Pay attention to signs that tell you when food is not safe. Cooking does not destroy toxins from shellfish.
  - Do not gather mussels from May 1 through October 30 in California.
  - For more information about shellfish, call 1-800-553-4133 toll free.

TAKE ACTION

Fish Safety Tips I will follow

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