

# A Family Guide to Eating Fish

Fish are an important part of a healthy diet, but some fish can contain chemicals that can harm your health.



## Health Benefits of Eating Fish



Fish are generally low in calories and high in protein. Eating fish can help you and your family maintain a healthy weight. Fish also contain important vitamins and nutrients. Try to eat 1-2 meals of fish low in chemicals every week.



Fish like salmon contain high levels of healthy fats. Including healthy fats in your diet can decrease your risk of heart disease, lower blood pressure and cholesterol, decrease your risk of Alzheimer's and promote healthy brain development, which is especially important in children and babies.

## You Can Reduce Your Exposure to Chemicals in Fish

You can reduce exposure to polychlorinated biphenyls (PCBs) in fish by trimming off the fat and skin. Mercury is found throughout the fish and cannot be removed by cooking or cleaning. To limit mercury exposure, choose fish low in mercury.



## Check 3 Things When Choosing Fish For Your Family



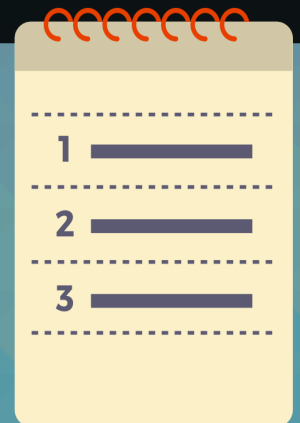
**Size:** Choose smaller, younger fish. Larger, older fish are more likely to contain higher levels of chemicals.



**Species:** Eat a variety of fish. Fish that eat other fish tend to build up more chemicals.



**Source:** Know where your fish come from. Fish from some lakes and rivers have more chemicals than others.



## Six Steps to Preparing and Cooking Fish



**#1**

Remove guts and skin



**#2**

Trim belly fat and fatty meat along the fillet



**#3**

Season with salt and pepper



**#4**

Drizzle with olive or canola oil



**#5**

Bake, broil or grill, allowing fat to drip away



**#6**

Discard cooking liquids and frying oils

# Eat Safe Fish

Guidelines for all men and women over age 50 are different from those for younger women, children and babies.

## What is a meal?

A meal of fish is about the length and thickness of your hand. For a 150-pound person, a meal is 6 ounces of cooked fish. Meal size can be adjusted by adding or subtracting 1 ounce of fish for every 20 pounds of body weight.



## Women Who Are or May Become Pregnant, Children and Babies

**Up to 2 meals per week**

Cod  
Pollock  
Pacific/Atlantic Salmon

Shrimp  
Tilapia

**OR**

**Up to 1 meal per week**

Bluegill  
Bullhead  
Canned Light Tuna  
Inland Trout  
Perch

**AND**

**Up to 1 meal per month**

Bass  
Canned White Tuna  
Halibut  
Northern Pike  
Tuna steaks  
Walleye



**Women who are or may become pregnant, children and babies should NOT eat Shark, Swordfish, Tilefish, King Mackerel or Wisconsin Muskellunge.**

## All Men and Women Over Age 50

**Unrestricted**

Bluegill/Sunfish/All panfish  
Bullhead  
Crappie  
Inland (NOT Great Lakes) Trout

Pacific/Atlantic Salmon  
Pollack  
Shrimp  
Yellow Perch

**1 meal per week**

Canned White Tuna  
Catfish  
Halibut  
Largemouth Bass

Northern Pike  
Smallmouth Bass  
Tuna steaks  
Walleye

**1 meal per month**

King Mackerel  
Shark

Swordfish  
Wisconsin Muskellunge

