

Eating Fish for Heart Health

Fish are an excellent source of omega-3 fatty acids, low fat protein, calcium and minerals



Omega-3 fatty acids are essential for heart and brain health

Some species of fish contain more fatty acids than others



Fatty Acids Can Help Reduce...

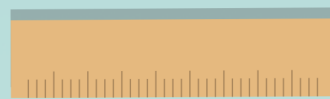
- The risk of heart disease
- Blood pressure and cholesterol
- The risk of Alzheimer's disease
- The incidence of depression



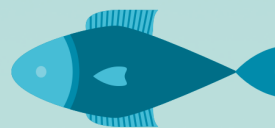
Six steps for preparing and cooking fish



Check 3 things when choosing your fish



Size



Species



Source

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.

Eat Safe Fish

Guidelines for all men and women over age 50

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.



Unrestricted

Bluegill/Sunfish/other panfish
Bullhead
Crappie
Inland trout (NOT Great Lakes trout)

Pacific or Atlantic Salmon
Pollack
Shrimp
Yellow Perch

1 meal per week

Canned White Tuna
Catfish
Halibut
Largemouth Bass

Northern Pike
Smallmouth bass
Tuna steak
Walleye

1 meal per month

King Mackerel
Shark

Swordfish
Wisconsin Muskellunge



Remember there are special guidelines for women who are or may become pregnant, children and babies. Women and children should eat fish, but some types should be eaten less often.



You Can Reduce Your Exposure to Chemicals

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



Wisconsin Department of Health Services | Bureau of Environmental and Occupational Health
For more information and fish consumption guidelines visit www.dhs.wi.gov/environmental/fish.htm