Appendix D: www.ChooseYourFish.org

For full review of the website, please visit www.ChooseYourFish.org. Included below are screenshots highlighting each section of the site.
choose

Get tips on making meals with fish.

recipes

Browse recipes that are easy to make and add variety to your meals.

get

Download a shopping list. Find out how to shop for tasty, high-quality fish—fresh, frozen or canned.

SAFE EATING GUIDELINES

Not all fish are created equal. Understand which types are right for you and how often you can eat them.

Make fish a favorite

Fish is packed with flavor and nutrients. Eating fish is the main way to get important “good fats” called omega-3 fatty acids that you don’t get from other foods. Fish is also a lean choice for getting the protein you need.

If you are pregnant or may become pregnant, eating fish is one of the best ways to bring important nutrients to your baby to come. Breastfeeding moms also pass these nutrients to their baby. Many different types of fish are available to you. Following these guidelines can help you choose which fish to put on your plates.

HealthPartners Institute and the Minnesota Department of Health have teamed up to create this website so you can learn more about fish. Make fish a favorite in your food plan.

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