



# *Your guide to eating* **FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish has risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish are healthy for women and children to eat.

*Where can I find out which fish are healthy to eat and which I should avoid?*

New York State's "Health Advice for Eating Fish You Catch" can help you to choose which fish are healthiest to eat and which you should avoid. These guidelines can be found in this brochure!



# New York Health Advice for Eating Fish you Catch for Women Under 50 and Children Under 15: Great Lakes Waters

WATERBODY <sup>1</sup> (COUNTY)	FISH	WOMEN UNDER 50 & CHILDREN UNDER 15
All waters NOT listed (Great Lakes and nearby waters)	All fish	Up to 4 meals/month
Lake Erie (Chautauqua, Erie)	Rock bass, Yellow perch, Burbot	Up to 4 meals/month
	Carp, Channel catfish	DON'T EAT
	All other fish	Up to 1 meal/month
Lake Ontario <sup>2</sup> including Irondequoit Bay (Niagara, Oswego, Monroe, Jefferson, Orleans, Cayuga, Wayne)	All fish	DON'T EAT
Niagara River, downstream of Niagara Falls (Niagara)	All fish	DON'T EAT
Niagara River upstream of Niagara Falls (Niagara, Erie)	Carp, Channel catfish	DON'T EAT
	Rock bass, Yellow perch, Burbot	Up to 4 meals/month
	All other fish	Up to 1 meal/month
St. Lawrence River (Franklin, Jefferson, St. Lawrence)	All fish	DON'T EAT

<sup>1</sup>The specific advice for waters also applies to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream. For complete fish advice for New York State, go to <http://www.health.ny.gov/publications/2800.pdf>.

<sup>2</sup>Harvest/possession of American eel is prohibited per NYS DEC regulations. See [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html) for fishing regulations.

## PURCHASED FISH GUIDELINES

(from the U.S. Environmental Protection Agency and Food and Drug Administration)

- Eat up to 12 oz. of a variety of fish and shellfish each week.
- Eat no more than 6 oz. albacore ("white") tuna/week.
- Do not eat swordfish, shark, tilefish, or king mackerel.



**WHAT IS A MEAL?**  
A half-pound of fish

# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant helps brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who do better developmentally.

*Most fish are a healthy food, but eating some types of fish raises health risks over time.*

- Some types of fish from some lakes and streams contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals build up in your body. Eventually, they can cause health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the New York State Department of Health, the EPA, and the FDA.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



## FOR MORE INFORMATION VISIT:

<http://www.health.ny.gov/publications/2800.pdf>  
Form 4



Produced by Cornell University in cooperation with the New York State Department of Health



*Your guide to eating*  
**FISH & SHELLFISH**

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# Do you think eating fish has risks for women who might become pregnant?

*Like Nicole, you might be surprised to learn that fish is an important part of a healthy diet.*

After being away for several years, Nicole and Chris recently moved back to their hometown of Buffalo, New York. They decided it was time to try to have a baby. A baby is a big change, so Nicole began doing her homework on exercise and nutrition that would help her have a healthy baby.

Nicole found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

Nicole wasn't convinced. She looked for other sources and found the New York State Department of Health's "Health Advice for Eating Fish you Catch." These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish are healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthiest to eat and which she should avoid.

Now that Nicole is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



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Form 2



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Form 3



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# *Your guide to eating* **FISH & SHELLFISH**

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# Do you think eating fish may have risks for women who might become pregnant?

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After being away for several years, Nicole and Chris recently moved back to their hometown of Buffalo, New York. They decided it was time to try to have a baby. A baby is a big change, so Nicole began doing her homework on exercise and nutrition that would help her have a healthy baby.

Nicole found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

Nicole wasn't convinced. She looked for other sources and found the New York State Department of Health's "Health Advice for Eating Fish You Catch." These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish can be healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthier to eat and which she should try to avoid.

Now that Nicole is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



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A half-pound of fish

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**FOR MORE INFORMATION VISIT:**

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Form 1



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# Frequently Asked Questions about Eating Fish

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*Where can I find out which fish are healthy to eat and which I should avoid?*

Pennsylvania's Fish Consumption Advice can help you to choose which fish are healthiest to eat and which you should avoid. These guidelines can be found in this brochure!



# Pennsylvania Fish Consumption Advice

## STATEWIDE GUIDELINES FOR FISH YOU CATCH

KIND OF FISH	HOW OFTEN?
All fish	1 meal/week

For complete fish consumption advice for Pennsylvania, go to <http://www.portal.state.pa.us/portal/server.pt?open=514&objID=554001&mode=2>

## LAKE ERIE GUIDELINES

KIND OF FISH	HOW OFTEN?
Walleye, Coho salmon, Steelhead (Rainbow trout), Brown trout, Smallmouth bass, White perch, White bass, Lake whitefish, Carp (<20"), Freshwater drum, Lake trout (<30"), Channel catfish	1 meal/month
Carp (>20"), Lake trout (>30")	Do Not Eat

The advice for Lake Erie also applies to tributary streams.

## PRESQUE ISLE BAY GUIDELINES

KIND OF FISH	HOW OFTEN?
Smallmouth bass, Northern pike, White perch, Freshwater drum, Bowfin, Carp, Coho salmon, Steelhead (Rainbow trout), Brown trout	1 meal/month

## PURCHASED FISH GUIDELINES

(from the U.S. Environmental Protection Agency and Food and Drug Administration)

- Eat up to 12 oz. of a variety of fish and shellfish each week.
- Eat no more than 6 oz. albacore ("white") tuna/week.
- Do not eat swordfish, shark, tilefish, or king mackerel.



**WHAT IS A MEAL?**  
8 ounces for a 150-pound person

# THE FACTS ON FISH

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*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the Pennsylvania Department of Environmental Protection, the EPA, and the FDA.
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Form 8



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# *Your guide to eating* **FISH & SHELLFISH**

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# Do you think eating fish has risks for women who might become pregnant?

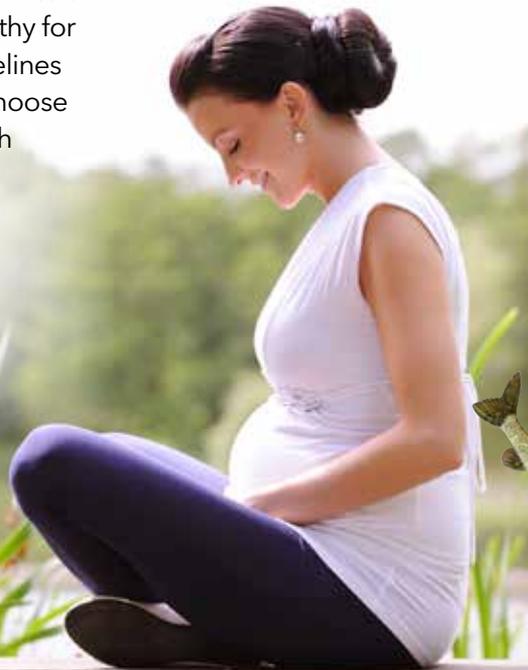
*Like Megan, you might be surprised to learn that fish is an important part of a healthy diet.*

After being away for several years, Megan and Dan recently moved back to their hometown of Erie, Pennsylvania. They decided it was time to try to have a baby. A baby is a big change, so Megan began doing her homework on exercise and nutrition that would help her have a healthy baby.

Megan found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

Megan wasn't convinced. She looked for other sources and found the Pennsylvania Department of Environmental Protection's Fish Consumption Advice. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish are healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthiest to eat and which she should avoid.

Now that Megan is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



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Form 6



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Form 7



Produced by Cornell University in cooperation with the Pennsylvania Department of Environmental Protection



# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish may have risks for women who might become pregnant?

*Like Megan, you might be surprised to learn that fish can be an important part of a healthy diet.*

After being away for several years, Megan and Dan recently moved back to their hometown of Erie, Pennsylvania. They decided it was time to try to have a baby. A baby is a big change, so Megan began doing her homework on exercise and nutrition that would help her have a healthy baby.

Megan found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

Megan wasn't convinced. She looked for other sources and found the Pennsylvania Department of Environmental Protection's Fish Consumption Advice. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish can be healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthier to eat and which she should try to avoid.

Now that Megan is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Pennsylvania Fish Consumption Advice

## STATEWIDE GUIDELINES FOR FISH YOU CATCH

KIND OF FISH	HOW OFTEN?
All fish	1 meal/week

For complete fish consumption advice for Pennsylvania, go to <http://www.portal.state.pa.us/portal/server.pt?open=514&objID=554001&mode=2>

## LAKE ERIE GUIDELINES

KIND OF FISH	HOW OFTEN?
Walleye, Coho salmon, Steelhead (Rainbow trout), Brown trout, Smallmouth bass, White perch, White bass, Lake whitefish, Carp (<20"), Freshwater drum, Lake trout (<30"), Channel catfish	1 meal/month
Carp (>20"), Lake trout (>30")	Do Not Eat

The advice for Lake Erie also applies to tributary streams.

## PRESQUE ISLE BAY GUIDELINES

KIND OF FISH	HOW OFTEN?
Smallmouth bass, Northern pike, White perch, Freshwater drum, Bowfin, Carp, Coho salmon, Steelhead (Rainbow trout), Brown trout	1 meal/month

## PURCHASED FISH GUIDELINES

(from the U.S. Environmental Protection Agency and Food and Drug Administration)

- Eat up to 12 oz. of a variety of fish and shellfish each week.
- Eat no more than 6 oz. albacore ("white") tuna/week.
- Do not eat swordfish, shark, tilefish, or king mackerel.



**WHAT IS A MEAL?**  
8 ounces for a 150-pound person

# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish may lower the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant may help brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who may do better developmentally.

*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

- Some types of fish from some lakes and streams may contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals can build up in your body. Eventually, they may cause health problems.
- It is difficult to know who might have health problems from chemicals in fish. Some people can be fine after years of eating fish with these chemicals in them, while others can have health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthier for you and your family to eat.*

- See the guidelines in this brochure from the Pennsylvania Department of Environmental Protection, the EPA, and the FDA.
- These guidelines tell which fish are healthier to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines can keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.portal.state.pa.us/portal/server.pt?open=514&objID=554001&mode=2](http://www.portal.state.pa.us/portal/server.pt?open=514&objID=554001&mode=2)  
Form 5



Produced by Cornell University in cooperation with the Pennsylvania Department of Environmental Protection



*Your guide to eating*  
**FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish has risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish are healthy for women and children to eat.

*Where can I find out which fish are healthy to eat and which I should avoid?*

Ohio's Fish Consumption Advice can help you to choose which fish are healthiest to eat and which you should avoid. These guidelines can be found in this brochure!



# Ohio Fish Consumption Advice

## STATEWIDE GUIDELINES

KIND OF FISH	HOW OFTEN?
Flathead catfish(>23"), northern pike (>23")	1 meal/month
All fish not specified in this table	1 meal/week
Yellow perch, sunfish (e.g., bluegill, green, longear, redear)	2 meals/week

## LAKE ERIE GUIDELINES

KIND OF FISH	HOW OFTEN?
Steelhead trout, channel catfish, common carp (<27"), freshwater drum, lake trout, smallmouth bass, white bass, whitefish (>19"), white perch, brown bullhead	1 meal/month
Common carp (>27")	1 meal/2 months

## LAKE ERIE TRIBUTARIES GUIDELINES

KIND OF FISH	HOW OFTEN?
Steelhead trout	1 meal/month

Also see specific advice for each Lake Erie tributary in Ohio's Sport Fish Consumption Advisory booklet (found at <http://www.epa.state.oh.us/dsw/fishadvisory/index.aspx>).

## PURCHASED FISH GUIDELINES

(from the U.S. Environmental Protection Agency and Food and Drug Administration)

- Eat up to 12 oz. of a variety of fish and shellfish each week.
- Eat no more than 6 oz. albacore ("white") tuna/week.
- Do not eat swordfish, shark, tilefish, or king mackerel.

### WHAT IS A MEAL?

- For an adult, the serving size is eight ounces uncooked or six ounces cooked.
- For children under age six, the serving size is three ounces uncooked or two ounces cooked.



# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant helps brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who do better developmentally.

*Most fish are a healthy food, but eating some types of fish raises health risks over time.*

- Some types of fish from some lakes and streams contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals build up in your body. Eventually, they can cause health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the Ohio Environmental Protection Agency, the U.S. EPA, and the FDA.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



## FOR MORE INFORMATION VISIT:

[www.epa.state.oh.us/dsw/fishadvisory/index.aspx](http://www.epa.state.oh.us/dsw/fishadvisory/index.aspx)  
Form 12



Produced by Cornell University in cooperation  
with the Ohio Environmental Protection Agency



# *Your guide to eating* **FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish has risks for women who might become pregnant?

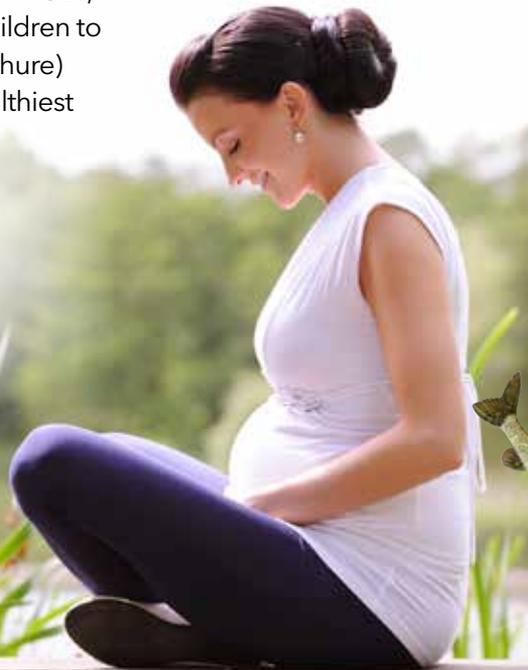
*Like Sarah, you might be surprised to learn that fish is an important part of a healthy diet.*

After being away for several years, Sarah and David recently moved back to their hometown of Cleveland, Ohio. They decided it was time to try to have a baby. A baby is a big change, so Sarah began doing her homework on exercise and nutrition that would help her have a healthy baby.

Sarah found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

Sarah wasn't convinced. She looked for other sources and found the Ohio Environmental Protection Agency's Fish Consumption Advice. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish are healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthiest to eat and which she should avoid.

Now that Sarah is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Ohio Fish Consumption Advice

## STATEWIDE GUIDELINES

KIND OF FISH	HOW OFTEN?
Flathead catfish(>23"), northern pike (>23")	1 meal/month
All fish not specified in this table	1 meal/week
Yellow perch, sunfish (e.g., bluegill, green, longear, redear)	2 meals/week

## LAKE ERIE GUIDELINES

KIND OF FISH	HOW OFTEN?
Steelhead trout, channel catfish, common carp (<27"), freshwater drum, lake trout, smallmouth bass, white bass, whitefish (>19"), white perch, brown bullhead	1 meal/month
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KIND OF FISH	HOW OFTEN?
Steelhead trout	1 meal/month

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## PURCHASED FISH GUIDELINES

(from the U.S. Environmental Protection Agency and Food and Drug Administration)

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*Fish is an important part of a healthy diet for all women.*

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## FOR MORE INFORMATION VISIT:

[www.epa.state.oh.us/dsw/fishadvisory/index.aspx](http://www.epa.state.oh.us/dsw/fishadvisory/index.aspx)  
Form 10



Produced by Cornell University in cooperation with the Ohio Environmental Protection Agency



# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish may have risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish can be healthy for women and children to eat.

*Where can I find out which fish are healthier to eat and which I should avoid?*

Ohio's Fish Consumption Advice can help you to choose which fish are healthier to eat and which you should try to avoid. These guidelines can be found in this brochure!



# Ohio Fish Consumption Advice

## STATEWIDE GUIDELINES

KIND OF FISH	HOW OFTEN?
Flathead catfish(>23"), northern pike (>23")	1 meal/month
All fish not specified in this table	1 meal/week
Yellow perch, sunfish (e.g., bluegill, green, longear, redear)	2 meals/week

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## LAKE ERIE TRIBUTARIES GUIDELINES

KIND OF FISH	HOW OFTEN?
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# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

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*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

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**FOR MORE INFORMATION VISIT:**

[www.epa.state.oh.us/dsw/fishadvisory/index.aspx](http://www.epa.state.oh.us/dsw/fishadvisory/index.aspx)  
Form 11



Produced by Cornell University in cooperation  
with the Ohio Environmental Protection Agency



# *Your guide to eating* **FISH & SHELLFISH**

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Now that Sarah is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Ohio Fish Consumption Advice

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Also see specific advice for each Lake Erie tributary in Ohio's Sport Fish Consumption Advisory booklet (found at <http://www.epa.state.oh.us/dsw/fishadvisory/index.aspx>).

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**FOR MORE INFORMATION VISIT:**

[www.epa.state.oh.us/dsw/fishadvisory/index.aspx](http://www.epa.state.oh.us/dsw/fishadvisory/index.aspx)  
Form 9



Produced by Cornell University in cooperation with the Ohio Environmental Protection Agency



# *Your guide to eating* **FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish has risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish are healthy for women and children to eat.

*Where can I find out which fish are healthy to eat and which I should avoid?*

Michigan's Fish Consumption Guidelines can help you to choose which fish are healthiest to eat and which you should avoid. These guidelines can be found in this brochure!



# Michigan Fish Consumption Guidelines:

## PURCHASED FISH GUIDELINES

(Eat up to 8 points/month)

KIND OF FISH	POINTS/ MI SERVING
Anchovies, Catfish (farm-raised), Crab, Crawfish, Flatfish (flounder, sole), Herring, Mullet, Oysters, Perch (ocean or freshwater), Pollock, Salmon (canned, frozen, fresh), Sardines, Scallops, Shrimp, Squid, Tilapia, Trout (freshwater), Whitefish	1
Cod, Freshwater Drum (aka Sheephead), Jack Smelt, Mahi Mahi, Snapper, Tuna (canned light)	2
Bass (sea, striped, rockfish), Bluefish, Halibut, Lobster, Sablefish, Scorpion Fish, Tuna (Albacore, canned white), Tuna (fresh, frozen), Weakfish (sea trout)	4
Grouper, Mackerel, Marlin, Orange Roughy	8
Shark, Swordfish, Tilefish, King Mackerel	Do Not Eat*

If you are eating fish listed above which were caught in Michigan waters, please refer instead to "Eating Fish from Michigan's Lakes & Rivers" (insert).

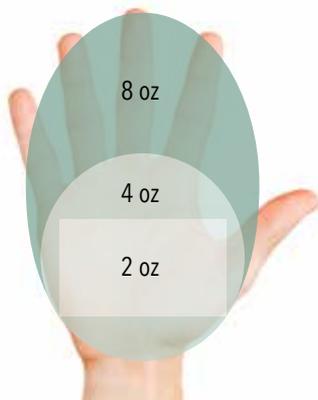
### MY MICHIGAN, MI SERVING SIZE

*What is a MI Serving?*

8 ounces of fish = size of an adult's hand  
(large oval)

4 ounces of fish = size of the palm of an  
adult's hand (small circle)

2 ounces of fish = size of half a palm of an  
adult's hand (rectangle)



**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

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- When you eat fish that contain these chemicals, the chemicals build up in your body. Eventually, they can cause health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the Michigan Department of Community Health.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



## FOR MORE INFORMATION VISIT:

[http://www.michigan.gov/documents/  
FishAdvisory03\\_67354\\_7.pdf](http://www.michigan.gov/documents/FishAdvisory03_67354_7.pdf)  
Form 24



Produced by Cornell University in cooperation with  
the Michigan Department of Community Health

# Eating Fish from Michigan's Lakes & Rivers

*Find the lake or river where the fish was caught in the list below.  
If the lake or river isn't on the list, use the "statewide guidelines"  
at the bottom of the last page.*

## LAKE ERIE GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Lake Whitefish (under 16"), Walleye	6/year
Carp (under 28"), Catfish, Chinook Salmon, Coho Salmon, Freshwater Drum, Lake Whitefish (over 16"), Rainbow Trout, White (Silver) Bass, White Perch	Limited*
Carp (over 28")	Do Not Eat*

## NORTH MAUMEE BAY GUIDELINES

KIND OF FISH	MI SERVINGS
Largemouth Bass, Smallmouth Bass	Limited*

Use Lake Erie Guidelines for any fish species not listed in this table.

## LAKE HURON GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Smelt	4/month
Suckers, Yellow Perch	2/month
Freshwater Drum, Lake Trout (under 20"), Northern Pike	1/month
Brown Trout, Chinook Salmon, Coho Salmon, Lake Trout (20-24"), Lake Whitefish, Rainbow Trout, Walleye, White Perch	6/year
Carp, Catfish, Lake Trout (over 24"), White (Silver) Bass	Limited*

**\*LIMITED:** These fish are higher in chemicals, but healthy adults who are not pregnant or planning on having children in the near future can eat these fish 1-2 times per year.

**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

## SAGINAW BAY GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Freshwater Drum	1/month
Walleye, All Other Species Not Listed Here	6/year
Carp, Catfish, White (Silver) Bass	Do Not Eat*

## LAKE MICHIGAN GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	4/month
Rainbow Trout (under 20"), Smelt, Walleye (under 18")	2/month
Burbot, Coho Salmon	1/month
Chinook Salmon, Lake Trout (under 24"), Rainbow Trout (over 20"), Suckers	6/year
Brown Trout, Lake Trout (over 24"), Lake Whitefish, Walleye (over 18")	Limited*
Carp	Do Not Eat*

## GREEN BAY & LITTLE BAY DE NOC GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Rock Bass	8/month
Largemouth Bass (under 16"), Smallmouth Bass (under 16")	2/month
Largemouth Bass (over 16"), Northern Pike, Smallmouth Bass (over 16")	1/month
Suckers	6/year
Carp	Do Not Eat*

Use Lake Michigan Guidelines for any fish species not listed in this table.

## LAKE SUPERIOR GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Lake Herring	8/month
Coho Salmon	4/month
Lake Trout (under 24"), Lake Whitefish, Rainbow Trout, Suckers, Walleye, Yellow Perch	2/month
Brown Trout, Lake Trout (24-28")	1/month
Chinook Salmon, Lake Trout (over 28")	6/year
Burbot, Siscowet	Limited*

## LAKE ST. CLAIR GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Black Crappie (under 9"), Sunfish, White Crappie (under 9")	8/month
Black Crappie (over 9"), White Crappie (over 9"), Yellow Perch	4/month
Freshwater Drum, Largemouth Bass (under 20"), Northern Pike, Smallmouth Bass (under 20")	2/month
Largemouth Bass (over 20"), Rock Bass, Smallmouth Bass (over 20")	1/month
Walleye	6/year
Carp, Catfish, Sturgeon, White (Silver) Bass	Limited*
Muskellunge	Do Not Eat*

### LAKE ST. CLAIR GUIDELINES: SPECIAL NOTICE

(Use when fishing within 2 miles of the Lange-Revere Canals. This area is between Lakefront Park & Verteran's Memorial Park & out into open water.)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Largemouth Bass, Smallmouth Bass	1/month
Bluegill, Sunfish, Walleye	6/year
All Other Species Not Listed Here	Limited*
Muskellunge	Do Not Eat*

***Do not eat any fish from the Lange-Revere Canals!***

## DETROIT RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Rock Bass, Yellow Perch	4/month
Bullhead, Sucker (under 14")	2/month
Northern Pike	1/month
Sucker (14-18"), Walleye	6/year
Carp, Catfish, Freshwater Drum, Largemouth Bass, Smallmouth Bass, Sucker (over 18"), White (Silver) Bass	Limited*

**\*LIMITED:** These fish are higher in chemicals, but healthy adults who are not pregnant or planning on having children in the near future can eat these fish 1-2 times per year.

**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

## ST. CLAIR RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Yellow Perch	8/month
Rock Bass	4/month
Freshwater Drum, Largemouth Bass (under 18"), Smallmouth Bass (under 18")	2/month
Largemouth Bass (over 18"), Smallmouth Bass (over 18")	1/month
Walleye	6/year
Carp, Sturgeon, White Bass	Limited*

## ST. MARY'S RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Sunfish	12/month
Sucker, Rock Bass (under 8"), Yellow Perch	4/month
Largemouth Bass (under 18"), Northern Pike (under 30"), Rock Bass (over 8"), Smallmouth Bass (under 18"), Walleye (under 22")	2/month
Largemouth Bass (over 18"), Northern Pike (over 30"), Smallmouth Bass (over 18"), Walleye (over 22")	1/month
Carp	Limited*



**YOU SHOULD USE THE STATEWIDE GUIDELINES BELOW ONLY IF YOUR KIND OF FISH AND/OR FISHING LOCATION ARE NOT LISTED ABOVE.**

## STATEWIDE GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Suckers, Sunfish	8/month
Black Crappie, Catfish, Rock Bass, White Crappie, Yellow Perch	4/month
Carp, Largemouth Bass (under 18"), Northern Pike (under 30"), Smallmouth Bass (under 18"), Walleye (under 20")	2/month
Largemouth Bass (over 18"), Muskellunge, Northern Pike (over 30"), Smallmouth Bass (over 18"), Walleye (over 20")	1/month

**FOR COMPLETE FISH CONSUMPTION ADVICE FOR MICHIGAN,**  
go to [http://www.michigan.gov/documents/FishAdvisory03\\_67354\\_7.pdf](http://www.michigan.gov/documents/FishAdvisory03_67354_7.pdf)

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**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.



*Your guide to eating*  
**FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish has risks for women who might become pregnant?

*Like Jessica, you might be surprised to learn that fish is an important part of a healthy diet.*

After being away for several years, Jessica and Ryan recently moved back to their hometown of Muskegon, Michigan. They decided it was time to try to have a baby. A baby is a big change, so Jessica began doing her homework on exercise and nutrition that would help her have a healthy baby.

Jessica found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

Jessica wasn't convinced. She looked for other sources and found the Michigan Department of Community Health's Fish Consumption Guidelines. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish are healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthiest to eat and which she should avoid.

Now that Jessica is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Michigan Fish Consumption Guidelines:

## PURCHASED FISH GUIDELINES

(Eat up to 8 points/month)

KIND OF FISH	POINTS/ MI SERVING
Anchovies, Catfish (farm-raised), Crab, Crawfish, Flatfish (flounder, sole), Herring, Mullet, Oysters, Perch (ocean or freshwater), Pollock, Salmon (canned, frozen, fresh), Sardines, Scallops, Shrimp, Squid, Tilapia, Trout (freshwater), Whitefish	1
Cod, Freshwater Drum (aka Sheephead), Jack Smelt, Mahi Mahi, Snapper, Tuna (canned light)	2
Bass (sea, striped, rockfish), Bluefish, Halibut, Lobster, Sablefish, Scorpion Fish, Tuna (Albacore, canned white), Tuna (fresh, frozen), Weakfish (sea trout)	4
Grouper, Mackerel, Marlin, Orange Roughy	8
Shark, Swordfish, Tilefish, King Mackerel	Do Not Eat*

If you are eating fish listed above which were caught in Michigan waters, please refer instead to "Eating Fish from Michigan's Lakes & Rivers" (insert).

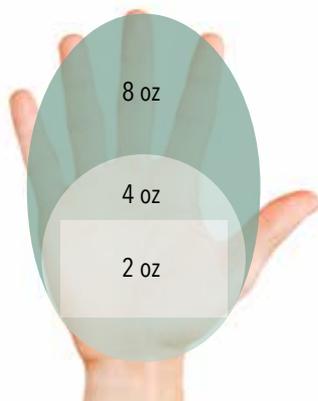
### MY MICHIGAN, MI SERVING SIZE

*What is a MI Serving?*

8 ounces of fish = size of an adult's hand  
(large oval)

4 ounces of fish = size of the palm of an  
adult's hand (small circle)

2 ounces of fish = size of half a palm of an  
adult's hand (rectangle)



**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant helps brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who do better developmentally.

*Most fish are a healthy food, but eating some types of fish raises health risks over time.*

- Some types of fish from some lakes and streams contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals build up in your body. Eventually, they can cause health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the Michigan Department of Community Health.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



## FOR MORE INFORMATION VISIT:

[http://www.michigan.gov/documents/  
FishAdvisory03\\_67354\\_7.pdf](http://www.michigan.gov/documents/FishAdvisory03_67354_7.pdf)  
Form 22



Produced by Cornell University in cooperation with  
the Michigan Department of Community Health

# Eating Fish from Michigan's Lakes & Rivers

*Find the lake or river where the fish was caught in the list below.  
If the lake or river isn't on the list, use the "statewide guidelines"  
at the bottom of the last page.*

## LAKE ERIE GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Lake Whitefish (under 16"), Walleye	6/year
Carp (under 28"), Catfish, Chinook Salmon, Coho Salmon, Freshwater Drum, Lake Whitefish (over 16"), Rainbow Trout, White (Silver) Bass, White Perch	Limited*
Carp (over 28")	Do Not Eat*

## NORTH MAUMEE BAY GUIDELINES

KIND OF FISH	MI SERVINGS
Largemouth Bass, Smallmouth Bass	Limited*

Use Lake Erie Guidelines for any fish species not listed in this table.

## LAKE HURON GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Smelt	4/month
Suckers, Yellow Perch	2/month
Freshwater Drum, Lake Trout (under 20"), Northern Pike	1/month
Brown Trout, Chinook Salmon, Coho Salmon, Lake Trout (20-24"), Lake Whitefish, Rainbow Trout, Walleye, White Perch	6/year
Carp, Catfish, Lake Trout (over 24"), White (Silver) Bass	Limited*

**\*LIMITED:** These fish are higher in chemicals, but healthy adults who are not pregnant or planning on having children in the near future can eat these fish 1-2 times per year.

**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

## SAGINAW BAY GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Freshwater Drum	1/month
Walleye, All Other Species Not Listed Here	6/year
Carp, Catfish, White (Silver) Bass	Do Not Eat*

## LAKE MICHIGAN GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	4/month
Rainbow Trout (under 20"), Smelt, Walleye (under 18")	2/month
Burbot, Coho Salmon	1/month
Chinook Salmon, Lake Trout (under 24"), Rainbow Trout (over 20"), Suckers	6/year
Brown Trout, Lake Trout (over 24"), Lake Whitefish, Walleye (over 18")	Limited*
Carp	Do Not Eat*

## GREEN BAY & LITTLE BAY DE NOC GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Rock Bass	8/month
Largemouth Bass (under 16"), Smallmouth Bass (under 16")	2/month
Largemouth Bass (over 16"), Northern Pike, Smallmouth Bass (over 16")	1/month
Suckers	6/year
Carp	Do Not Eat*

Use Lake Michigan Guidelines for any fish species not listed in this table.

## LAKE SUPERIOR GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Lake Herring	8/month
Coho Salmon	4/month
Lake Trout (under 24"), Lake Whitefish, Rainbow Trout, Suckers, Walleye, Yellow Perch	2/month
Brown Trout, Lake Trout (24-28")	1/month
Chinook Salmon, Lake Trout (over 28")	6/year
Burbot, Siscowet	Limited*

## LAKE ST. CLAIR GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Black Crappie (under 9"), Sunfish, White Crappie (under 9")	8/month
Black Crappie (over 9"), White Crappie (over 9"), Yellow Perch	4/month
Freshwater Drum, Largemouth Bass (under 20"), Northern Pike, Smallmouth Bass (under 20")	2/month
Largemouth Bass (over 20"), Rock Bass, Smallmouth Bass (over 20")	1/month
Walleye	6/year
Carp, Catfish, Sturgeon, White (Silver) Bass	Limited*
Muskellunge	Do Not Eat*

### LAKE ST. CLAIR GUIDELINES: SPECIAL NOTICE

(Use when fishing within 2 miles of the Lange-Revere Canals. This area is between Lakefront Park & Verteran's Memorial Park & out into open water.)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Largemouth Bass, Smallmouth Bass	1/month
Bluegill, Sunfish, Walleye	6/year
All Other Species Not Listed Here	Limited*
Muskellunge	Do Not Eat*

***Do not eat any fish from the Lange-Revere Canals!***

## DETROIT RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Rock Bass, Yellow Perch	4/month
Bullhead, Sucker (under 14")	2/month
Northern Pike	1/month
Sucker (14-18"), Walleye	6/year
Carp, Catfish, Freshwater Drum, Largemouth Bass, Smallmouth Bass, Sucker (over 18"), White (Silver) Bass	Limited*

**\*LIMITED:** These fish are higher in chemicals, but healthy adults who are not pregnant or planning on having children in the near future can eat these fish 1-2 times per year.

**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

## ST. CLAIR RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Yellow Perch	8/month
Rock Bass	4/month
Freshwater Drum, Largemouth Bass (under 18"), Smallmouth Bass (under 18")	2/month
Largemouth Bass (over 18"), Smallmouth Bass (over 18")	1/month
Walleye	6/year
Carp, Sturgeon, White Bass	Limited*

## ST. MARY'S RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Sunfish	12/month
Sucker, Rock Bass (under 8"), Yellow Perch	4/month
Largemouth Bass (under 18"), Northern Pike (under 30"), Rock Bass (over 8"), Smallmouth Bass (under 18"), Walleye (under 22")	2/month
Largemouth Bass (over 18"), Northern Pike (over 30"), Smallmouth Bass (over 18"), Walleye (over 22")	1/month
Carp	Limited*



**YOU SHOULD USE THE STATEWIDE GUIDELINES BELOW ONLY IF YOUR KIND OF FISH AND/OR FISHING LOCATION ARE NOT LISTED ABOVE.**

## STATEWIDE GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Suckers, Sunfish	8/month
Black Crappie, Catfish, Rock Bass, White Crappie, Yellow Perch	4/month
Carp, Largemouth Bass (under 18"), Northern Pike (under 30"), Smallmouth Bass (under 18"), Walleye (under 20")	2/month
Largemouth Bass (over 18"), Muskellunge, Northern Pike (over 30"), Smallmouth Bass (over 18"), Walleye (over 20")	1/month

**FOR COMPLETE FISH CONSUMPTION ADVICE FOR MICHIGAN,**  
go to [http://www.michigan.gov/documents/FishAdvisory03\\_67354\\_7.pdf](http://www.michigan.gov/documents/FishAdvisory03_67354_7.pdf)

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# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish may have risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish can be healthy for women and children to eat.

*Where can I find out which fish are healthier to eat and which I should avoid?*

Michigan's Fish Consumption Guidelines can help you to choose which fish are healthier to eat and which you should try to avoid. These guidelines can be found in this brochure!



# Michigan Fish Consumption Guidelines:

## PURCHASED FISH GUIDELINES

(Eat up to 8 points/month)

KIND OF FISH	POINTS/ MI SERVING
Anchovies, Catfish (farm-raised), Crab, Crawfish, Flatfish (flounder, sole), Herring, Mullet, Oysters, Perch (ocean or freshwater), Pollock, Salmon (canned, frozen, fresh), Sardines, Scallops, Shrimp, Squid, Tilapia, Trout (freshwater), Whitefish	1
Cod, Freshwater Drum (aka Sheephead), Jack Smelt, Mahi Mahi, Snapper, Tuna (canned light)	2
Bass (sea, striped, rockfish), Bluefish, Halibut, Lobster, Sablefish, Scorpion Fish, Tuna (Albacore, canned white), Tuna (fresh, frozen), Weakfish (sea trout)	4
Grouper, Mackerel, Marlin, Orange Roughy	8
Shark, Swordfish, Tilefish, King Mackerel	Do Not Eat*

If you are eating fish listed above which were caught in Michigan waters, please refer instead to "Eating Fish from Michigan's Lakes & Rivers" (insert).

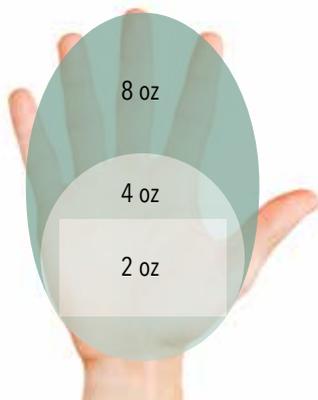
### MY MICHIGAN, MI SERVING SIZE

*What is a MI Serving?*

8 ounces of fish = size of an adult's hand  
(large oval)

4 ounces of fish = size of the palm of an  
adult's hand (small circle)

2 ounces of fish = size of half a palm of an  
adult's hand (rectangle)



**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish may lower the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant may help brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who may do better developmentally.

*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

- Some types of fish from some lakes and streams may contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals can build up in your body. Eventually, they may cause health problems.
- It is difficult to know who might have health problems from chemicals in fish. Some people can be fine after years of eating fish with these chemicals in them, while others can have health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthier for you and your family to eat.*

- See the guidelines in this brochure from the Michigan Department of Community Health.
- These guidelines tell which fish are healthier to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines can keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[http://www.michigan.gov/documents/  
FishAdvisory03\\_67354\\_7.pdf](http://www.michigan.gov/documents/FishAdvisory03_67354_7.pdf)  
Form 23



Produced by Cornell University in cooperation with  
the Michigan Department of Community Health

# Eating Fish from Michigan's Lakes & Rivers

*Find the lake or river where the fish was caught in the list below.  
If the lake or river isn't on the list, use the "statewide guidelines"  
at the bottom of the last page.*

## LAKE ERIE GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Lake Whitefish (under 16"), Walleye	6/year
Carp (under 28"), Catfish, Chinook Salmon, Coho Salmon, Freshwater Drum, Lake Whitefish (over 16"), Rainbow Trout, White (Silver) Bass, White Perch	Limited*
Carp (over 28")	Do Not Eat*

## NORTH MAUMEE BAY GUIDELINES

KIND OF FISH	MI SERVINGS
Largemouth Bass, Smallmouth Bass	Limited*

Use Lake Erie Guidelines for any fish species not listed in this table.

## LAKE HURON GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Smelt	4/month
Suckers, Yellow Perch	2/month
Freshwater Drum, Lake Trout (under 20"), Northern Pike	1/month
Brown Trout, Chinook Salmon, Coho Salmon, Lake Trout (20-24"), Lake Whitefish, Rainbow Trout, Walleye, White Perch	6/year
Carp, Catfish, Lake Trout (over 24"), White (Silver) Bass	Limited*

**\*LIMITED:** These fish are higher in chemicals, but healthy adults who are not pregnant or planning on having children in the near future can eat these fish 1-2 times per year.

**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

## SAGINAW BAY GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Freshwater Drum	1/month
Walleye, All Other Species Not Listed Here	6/year
Carp, Catfish, White (Silver) Bass	Do Not Eat*

## LAKE MICHIGAN GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	4/month
Rainbow Trout (under 20"), Smelt, Walleye (under 18")	2/month
Burbot, Coho Salmon	1/month
Chinook Salmon, Lake Trout (under 24"), Rainbow Trout (over 20"), Suckers	6/year
Brown Trout, Lake Trout (over 24"), Lake Whitefish, Walleye (over 18")	Limited*
Carp	Do Not Eat*

## GREEN BAY & LITTLE BAY DE NOC GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Rock Bass	8/month
Largemouth Bass (under 16"), Smallmouth Bass (under 16")	2/month
Largemouth Bass (over 16"), Northern Pike, Smallmouth Bass (over 16")	1/month
Suckers	6/year
Carp	Do Not Eat*

Use Lake Michigan Guidelines for any fish species not listed in this table.

## LAKE SUPERIOR GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Lake Herring	8/month
Coho Salmon	4/month
Lake Trout (under 24"), Lake Whitefish, Rainbow Trout, Suckers, Walleye, Yellow Perch	2/month
Brown Trout, Lake Trout (24-28")	1/month
Chinook Salmon, Lake Trout (over 28")	6/year
Burbot, Siscowet	Limited*

## LAKE ST. CLAIR GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Black Crappie (under 9"), Sunfish, White Crappie (under 9")	8/month
Black Crappie (over 9"), White Crappie (over 9"), Yellow Perch	4/month
Freshwater Drum, Largemouth Bass (under 20"), Northern Pike, Smallmouth Bass (under 20")	2/month
Largemouth Bass (over 20"), Rock Bass, Smallmouth Bass (over 20")	1/month
Walleye	6/year
Carp, Catfish, Sturgeon, White (Silver) Bass	Limited*
Muskellunge	Do Not Eat*

### LAKE ST. CLAIR GUIDELINES: SPECIAL NOTICE

(Use when fishing within 2 miles of the Lange-Revere Canals. This area is between Lakefront Park & Verteran's Memorial Park & out into open water.)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Largemouth Bass, Smallmouth Bass	1/month
Bluegill, Sunfish, Walleye	6/year
All Other Species Not Listed Here	Limited*
Muskellunge	Do Not Eat*

***Do not eat any fish from the Lange-Revere Canals!***

## DETROIT RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Rock Bass, Yellow Perch	4/month
Bullhead, Sucker (under 14")	2/month
Northern Pike	1/month
Sucker (14-18"), Walleye	6/year
Carp, Catfish, Freshwater Drum, Largemouth Bass, Smallmouth Bass, Sucker (over 18"), White (Silver) Bass	Limited*

**\*LIMITED:** These fish are higher in chemicals, but healthy adults who are not pregnant or planning on having children in the near future can eat these fish 1-2 times per year.

**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

## ST. CLAIR RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Yellow Perch	8/month
Rock Bass	4/month
Freshwater Drum, Largemouth Bass (under 18"), Smallmouth Bass (under 18")	2/month
Largemouth Bass (over 18"), Smallmouth Bass (over 18")	1/month
Walleye	6/year
Carp, Sturgeon, White Bass	Limited*

## ST. MARY'S RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Sunfish	12/month
Sucker, Rock Bass (under 8"), Yellow Perch	4/month
Largemouth Bass (under 18"), Northern Pike (under 30"), Rock Bass (over 8"), Smallmouth Bass (under 18"), Walleye (under 22")	2/month
Largemouth Bass (over 18"), Northern Pike (over 30"), Smallmouth Bass (over 18"), Walleye (over 22")	1/month
Carp	Limited*



**YOU SHOULD USE THE STATEWIDE GUIDELINES BELOW ONLY IF YOUR KIND OF FISH AND/OR FISHING LOCATION ARE NOT LISTED ABOVE.**

## STATEWIDE GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Suckers, Sunfish	8/month
Black Crappie, Catfish, Rock Bass, White Crappie, Yellow Perch	4/month
Carp, Largemouth Bass (under 18"), Northern Pike (under 30"), Smallmouth Bass (under 18"), Walleye (under 20")	2/month
Largemouth Bass (over 18"), Muskellunge, Northern Pike (over 30"), Smallmouth Bass (over 18"), Walleye (over 20")	1/month

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# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish may have risks for women who might become pregnant?

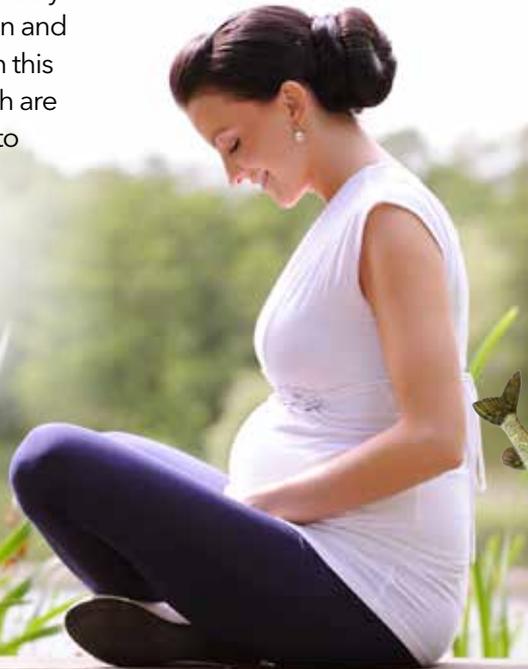
*Like Jessica, you might be surprised to learn that fish can be an important part of a healthy diet.*

After being away for several years, Jessica and Ryan recently moved back to their hometown of Muskegon, Michigan. They decided it was time to try to have a baby. A baby is a big change, so Jessica began doing her homework on exercise and nutrition that would help her have a healthy baby.

Jessica found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

Jessica wasn't convinced. She looked for other sources and found the Michigan Department of Community Health's Fish Consumption Guidelines. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish can be healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthier to eat and which she should try to avoid.

Now that Jessica is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Michigan Fish Consumption Guidelines:

## PURCHASED FISH GUIDELINES

(Eat up to 8 points/month)

KIND OF FISH	POINTS/ MI SERVING
Anchovies, Catfish (farm-raised), Crab, Crawfish, Flatfish (flounder, sole), Herring, Mullet, Oysters, Perch (ocean or freshwater), Pollock, Salmon (canned, frozen, fresh), Sardines, Scallops, Shrimp, Squid, Tilapia, Trout (freshwater), Whitefish	1
Cod, Freshwater Drum (aka Sheephead), Jack Smelt, Mahi Mahi, Snapper, Tuna (canned light)	2
Bass (sea, striped, rockfish), Bluefish, Halibut, Lobster, Sablefish, Scorpion Fish, Tuna (Albacore, canned white), Tuna (fresh, frozen), Weakfish (sea trout)	4
Grouper, Mackerel, Marlin, Orange Roughy	8
Shark, Swordfish, Tilefish, King Mackerel	Do Not Eat*

If you are eating fish listed above which were caught in Michigan waters, please refer instead to "Eating Fish from Michigan's Lakes & Rivers" (insert).

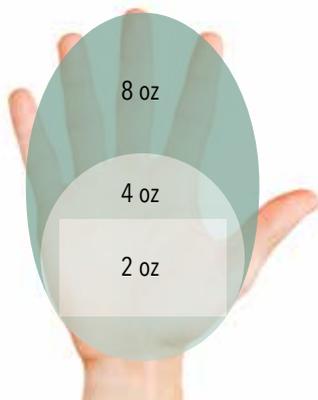
### MY MICHIGAN, MI SERVING SIZE

*What is a MI Serving?*

8 ounces of fish = size of an adult's hand  
(large oval)

4 ounces of fish = size of the palm of an  
adult's hand (small circle)

2 ounces of fish = size of half a palm of an  
adult's hand (rectangle)



**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish may lower the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant may help brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who may do better developmentally.

*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

- Some types of fish from some lakes and streams may contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals can build up in your body. Eventually, they may cause health problems.
- It is difficult to know who might have health problems from chemicals in fish. Some people can be fine after years of eating fish with these chemicals in them, while others can have health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthier for you and your family to eat.*

- See the guidelines in this brochure from the Michigan Department of Community Health.
- These guidelines tell which fish are healthier to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines can keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[http://www.michigan.gov/documents/  
FishAdvisory03\\_67354\\_7.pdf](http://www.michigan.gov/documents/FishAdvisory03_67354_7.pdf)  
Form 21



Produced by Cornell University in cooperation with  
the Michigan Department of Community Health

# Eating Fish from Michigan's Lakes & Rivers

*Find the lake or river where the fish was caught in the list below.  
If the lake or river isn't on the list, use the "statewide guidelines"  
at the bottom of the last page.*

## LAKE ERIE GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Lake Whitefish (under 16"), Walleye	6/year
Carp (under 28"), Catfish, Chinook Salmon, Coho Salmon, Freshwater Drum, Lake Whitefish (over 16"), Rainbow Trout, White (Silver) Bass, White Perch	Limited*
Carp (over 28")	Do Not Eat*

## NORTH MAUMEE BAY GUIDELINES

KIND OF FISH	MI SERVINGS
Largemouth Bass, Smallmouth Bass	Limited*

Use Lake Erie Guidelines for any fish species not listed in this table.

## LAKE HURON GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Smelt	4/month
Suckers, Yellow Perch	2/month
Freshwater Drum, Lake Trout (under 20"), Northern Pike	1/month
Brown Trout, Chinook Salmon, Coho Salmon, Lake Trout (20-24"), Lake Whitefish, Rainbow Trout, Walleye, White Perch	6/year
Carp, Catfish, Lake Trout (over 24"), White (Silver) Bass	Limited*

**\*LIMITED:** These fish are higher in chemicals, but healthy adults who are not pregnant or planning on having children in the near future can eat these fish 1-2 times per year.

**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

## SAGINAW BAY GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Freshwater Drum	1/month
Walleye, All Other Species Not Listed Here	6/year
Carp, Catfish, White (Silver) Bass	Do Not Eat*

## LAKE MICHIGAN GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Yellow Perch	4/month
Rainbow Trout (under 20"), Smelt, Walleye (under 18")	2/month
Burbot, Coho Salmon	1/month
Chinook Salmon, Lake Trout (under 24"), Rainbow Trout (over 20"), Suckers	6/year
Brown Trout, Lake Trout (over 24"), Lake Whitefish, Walleye (over 18")	Limited*
Carp	Do Not Eat*

## GREEN BAY & LITTLE BAY DE NOC GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Rock Bass	8/month
Largemouth Bass (under 16"), Smallmouth Bass (under 16")	2/month
Largemouth Bass (over 16"), Northern Pike, Smallmouth Bass (over 16")	1/month
Suckers	6/year
Carp	Do Not Eat*

Use Lake Michigan Guidelines for any fish species not listed in this table.

## LAKE SUPERIOR GUIDELINES

(and tributaries up to the first dam)

KIND OF FISH	MI SERVINGS
Lake Herring	8/month
Coho Salmon	4/month
Lake Trout (under 24"), Lake Whitefish, Rainbow Trout, Suckers, Walleye, Yellow Perch	2/month
Brown Trout, Lake Trout (24-28")	1/month
Chinook Salmon, Lake Trout (over 28")	6/year
Burbot, Siscowet	Limited*

## LAKE ST. CLAIR GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Black Crappie (under 9"), Sunfish, White Crappie (under 9")	8/month
Black Crappie (over 9"), White Crappie (over 9"), Yellow Perch	4/month
Freshwater Drum, Largemouth Bass (under 20"), Northern Pike, Smallmouth Bass (under 20")	2/month
Largemouth Bass (over 20"), Rock Bass, Smallmouth Bass (over 20")	1/month
Walleye	6/year
Carp, Catfish, Sturgeon, White (Silver) Bass	Limited*
Muskellunge	Do Not Eat*

### LAKE ST. CLAIR GUIDELINES: SPECIAL NOTICE

(Use when fishing within 2 miles of the Lange-Revere Canals. This area is between Lakefront Park & Verteran's Memorial Park & out into open water.)

KIND OF FISH	MI SERVINGS
Yellow Perch	2/month
Largemouth Bass, Smallmouth Bass	1/month
Bluegill, Sunfish, Walleye	6/year
All Other Species Not Listed Here	Limited*
Muskellunge	Do Not Eat*

***Do not eat any fish from the Lange-Revere Canals!***

## DETROIT RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Rock Bass, Yellow Perch	4/month
Bullhead, Sucker (under 14")	2/month
Northern Pike	1/month
Sucker (14-18"), Walleye	6/year
Carp, Catfish, Freshwater Drum, Largemouth Bass, Smallmouth Bass, Sucker (over 18"), White (Silver) Bass	Limited*

**\*LIMITED:** These fish are higher in chemicals, but healthy adults who are not pregnant or planning on having children in the near future can eat these fish 1-2 times per year.

**\*DO NOT EAT:** These fish are very high in chemicals and should not be eaten by anyone.

## ST. CLAIR RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Yellow Perch	8/month
Rock Bass	4/month
Freshwater Drum, Largemouth Bass (under 18"), Smallmouth Bass (under 18")	2/month
Largemouth Bass (over 18"), Smallmouth Bass (over 18")	1/month
Walleye	6/year
Carp, Sturgeon, White Bass	Limited*

## ST. MARY'S RIVER GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Sunfish	12/month
Sucker, Rock Bass (under 8"), Yellow Perch	4/month
Largemouth Bass (under 18"), Northern Pike (under 30"), Rock Bass (over 8"), Smallmouth Bass (under 18"), Walleye (under 22")	2/month
Largemouth Bass (over 18"), Northern Pike (over 30"), Smallmouth Bass (over 18"), Walleye (over 22")	1/month
Carp	Limited*



**YOU SHOULD USE THE STATEWIDE GUIDELINES BELOW ONLY IF YOUR KIND OF FISH AND/OR FISHING LOCATION ARE NOT LISTED ABOVE.**

## STATEWIDE GUIDELINES

KIND OF FISH	MI SERVINGS
Bluegill, Suckers, Sunfish	8/month
Black Crappie, Catfish, Rock Bass, White Crappie, Yellow Perch	4/month
Carp, Largemouth Bass (under 18"), Northern Pike (under 30"), Smallmouth Bass (under 18"), Walleye (under 20")	2/month
Largemouth Bass (over 18"), Muskellunge, Northern Pike (over 30"), Smallmouth Bass (over 18"), Walleye (over 20")	1/month

**FOR COMPLETE FISH CONSUMPTION ADVICE FOR MICHIGAN,**  
go to [http://www.michigan.gov/documents/FishAdvisory03\\_67354\\_7.pdf](http://www.michigan.gov/documents/FishAdvisory03_67354_7.pdf)

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# *Your guide to eating* **FISH & SHELLFISH**

---

Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish has risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish are healthy for women and children to eat.

*Where can I find out which fish are healthy to eat and which I should avoid?*

Indiana's Fish Consumption Guidelines can help you to choose which fish are healthiest to eat and which you should avoid. These guidelines can be found in this brochure!



# Indiana Fish Consumption Guidelines:

For Women up to Age 50

## STATEWIDE GUIDELINES FOR FISH YOU CATCH

KIND OF FISH	HOW OFTEN?
Buffalo (<19"), Channel catfish (<23"), Crappie, Flathead catfish (<18"), Freshwater drum (<14"), Largemouth bass (<13"), Northern pike (<20"), Redhorse (<22"), Rock bass (<8"), Smallmouth bass (<12"), Spotted bass (<10"), Sauger (<12"), Sunfish, Walleye (<19"), White, striped, or hybrid striped bass (<18")	1 meal/week
Buffalo (>19"), Channel catfish (>23"), Flathead catfish (>18"), Freshwater drum (>14"), Largemouth bass (>13"), Northern pike (>20"), Redhorse (>22"), Rock bass (>8"), Sauger (>12"), Smallmouth bass (>12"), Spotted bass (>10"), Walleye (19-26"), White, striped, or hybrid striped bass (>18")	1 meal/month
Walleye (>26"), Carp (in rivers and streams) (>15")	Do Not Eat!

For complete fish consumption advice for Indiana, go to <http://www.in.gov/isdh/23650.htm>.

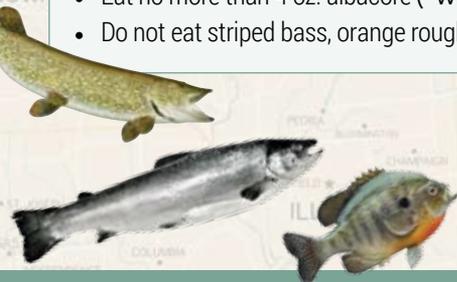
## LAKE MICHIGAN GUIDELINES

(and all tributaries)

KIND OF FISH	HOW OFTEN?
Black crappie (<7"), Bluegill (<8"), Quillback (<20"), Longnose sucker (<20"), Rainbow trout (aka Steelhead) (<22"), Rock bass (<9"), Smallmouth Bass (<16"), Smelt, Walleye (<17"), White sucker (<15"), Yellow perch	1 meal/month
Black crappie (>7"), Bloater, Bluegill (>8"), Brook trout, Brown trout, Channel catfish, Chinook salmon, Coho salmon, Common carp, Freshwater drum, Lake trout, Lake whitefish, Largemouth bass, Longnose sucker (>20"), Northern pike, Pink salmon, Quillback (>20"), Rainbow trout (aka Steelhead) (>22"), Rock bass (>9"), Silver redhorse, Smallmouth bass (>16"), Walleye (>17"), White sucker (>15")	Do Not Eat!

## PURCHASED FISH GUIDELINES

- Eat up to 8 to 12 oz. of a variety of fish and shellfish including salmon, sardine, whitefish, clam, crab, herring, pollock, scallop, shrimp, tilapia, and farm-raised catfish and trout each week.
- Eat no more than 4 oz. albacore ("white") tuna/week.
- Do not eat striped bass, orange roughy, shark, swordfish, or king mackerel.



**A MEAL IS 8 OUNCES OF FISH (BEFORE COOKING).**

# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant helps brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who do better developmentally.

*Most fish are a healthy food, but eating some types of fish raises health risks over time.*

- Some types of fish from some lakes and streams contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals build up in your body. Eventually, they can cause health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the Indiana State Department of Health.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.in.gov/isdh/23650.htm](http://www.in.gov/isdh/23650.htm)

Form 16



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with the Indiana State Department of Health



# *Your guide to eating* **FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish has risks for women who might become pregnant?

*Like Ashley, you might be surprised to learn that fish is an important part of a healthy diet.*

After being away for several years, Ashley and Josh recently moved back to their hometown of Michigan City, Indiana. They decided it was time to try to have a baby. A baby is a big change, so Ashley began doing her homework on exercise and nutrition that would help her have a healthy baby.

Ashley found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

Ashley wasn't convinced. She looked for other sources and found the Indiana State Department of Health's Fish Consumption Guidelines. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish are healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthiest to eat and which she should avoid.

Now that Ashley is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Indiana Fish Consumption Guidelines:

For Women up to Age 50

## STATEWIDE GUIDELINES FOR FISH YOU CATCH

KIND OF FISH	HOW OFTEN?
Buffalo (<19"), Channel catfish (<23"), Crappie, Flathead catfish (<18"), Freshwater drum (<14"), Largemouth bass (<13"), Northern pike (<20"), Redhorse (<22"), Rock bass (<8"), Smallmouth bass (<12"), Spotted bass (<10"), Sauger (<12"), Sunfish, Walleye (<19"), White, striped, or hybrid striped bass (<18")	1 meal/week
Buffalo (>19"), Channel catfish (>23"), Flathead catfish (>18"), Freshwater drum (>14"), Largemouth bass (>13"), Northern pike (>20"), Redhorse (>22"), Rock bass (>8"), Sauger (>12"), Smallmouth bass (>12"), Spotted bass (>10"), Walleye (19-26"), White, striped, or hybrid striped bass (>18")	1 meal/month
Walleye (>26"), Carp (in rivers and streams) (>15")	Do Not Eat!

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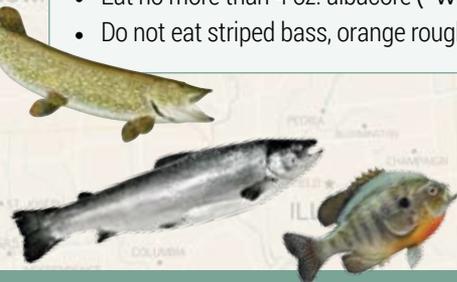
## LAKE MICHIGAN GUIDELINES

(and all tributaries)

KIND OF FISH	HOW OFTEN?
Black crappie (<7"), Bluegill (<8"), Quillback (<20"), Longnose sucker (<20"), Rainbow trout (aka Steelhead) (<22"), Rock bass (<9"), Smallmouth Bass (<16"), Smelt, Walleye (<17"), White sucker (<15"), Yellow perch	1 meal/month
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## PURCHASED FISH GUIDELINES

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# THE FACTS ON FISH

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- Women who eat low mercury fish every week when they are pregnant have children who do better developmentally.

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**FOR MORE INFORMATION VISIT:**

[www.in.gov/isdh/23650.htm](http://www.in.gov/isdh/23650.htm)

Form 14



Produced by Cornell University in cooperation  
with the Indiana State Department of Health



# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish may have risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

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# Indiana Fish Consumption Guidelines:

For Women up to Age 50

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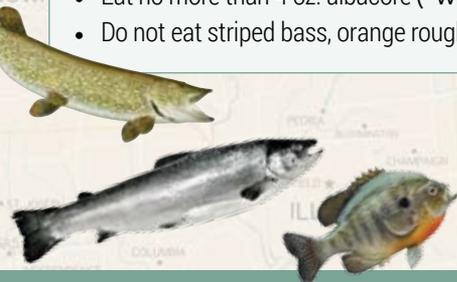
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(and all tributaries)

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**FOR MORE INFORMATION VISIT:**

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Form 15



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# *Your guide to eating* **FISH & SHELLFISH**

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# Indiana Fish Consumption Guidelines:

For Women up to Age 50

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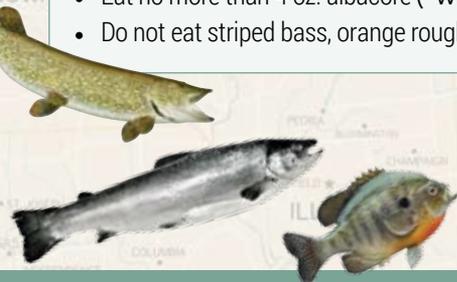
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(and all tributaries)

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# *Your guide to eating* **FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish has risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish are healthy for women and children to eat.

*Where can I find out which fish are healthy to eat and which I should avoid?*

Illinois's Fish Consumption Guidelines can help you to choose which fish are healthiest to eat and which you should avoid. These guidelines can be found in this brochure!



# Illinois Fish Consumption Guidelines:

## STATEWIDE GUIDELINES

For pregnant or nursing women, women of childbearing age,  
and children less than 15 years of age.

KIND OF FISH	HOW OFTEN?
Flathead catfish, Hybrid striped bass, Largemouth bass, Muskellunge, Northern pike, Sauger, Saugeye, Smallmouth bass, Spotted bass, Striped bass, Walleye, White bass	1 meal/week

For complete fish consumption advice for Illinois, go to  
[http://www.idph.state.il.us/envhealth/fishadvisory/illinois\\_fish\\_advisory.pdf](http://www.idph.state.il.us/envhealth/fishadvisory/illinois_fish_advisory.pdf)

## LAKE MICHIGAN GUIDELINES

For all children and adults.

KIND OF FISH	HOW OFTEN?
Rainbow trout (<22"), Smelt, Yellow perch (<11")	1 meal/week
Brown trout, Chinook salmon, Coho salmon, Lake whitefish, Lake trout (<27"), Rainbow trout (>22"), Yellow perch (>11")	1 meal/month
Carp, Channel catfish, Lake trout (>27")	Do Not Eat!

## ADDITIONAL GUIDELINES FOR WAUKEGAN NORTH HARBOR

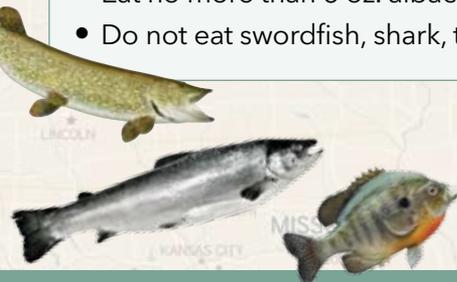
For all children and adults.

KIND OF FISH	HOW OFTEN?
Rock bass, sunfish, white sucker	1 meal/month
Black bullhead	6 meals/year

## PURCHASED FISH GUIDELINES

(from the U.S. Environmental Protection Agency and Food and Drug Administration)

- Eat up to 12 oz. of a variety of fish and shellfish each week.
- Eat no more than 6 oz. albacore ("white") tuna/week.
- Do not eat swordfish, shark, tilefish, or king mackerel.



**WHAT IS A MEAL?**  
8 ounces for a 150-pound person

# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant helps brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who do better developmentally.

*Most fish are a healthy food, but eating some types of fish raises health risks over time.*

- Some types of fish from some lakes and streams contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals build up in your body. Eventually, they can cause health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the Illinois Department of Public Health, the EPA, and the FDA.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



## FOR MORE INFORMATION VISIT:

[www.idph.state.us/envhealth/fishadvisory/illinois\\_fish\\_advisory.pdf](http://www.idph.state.us/envhealth/fishadvisory/illinois_fish_advisory.pdf)  
Form 20



Produced by Cornell University in cooperation  
with the Illinois Department of Public Health



*Your guide to eating*  
**FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish has risks for women who might become pregnant?

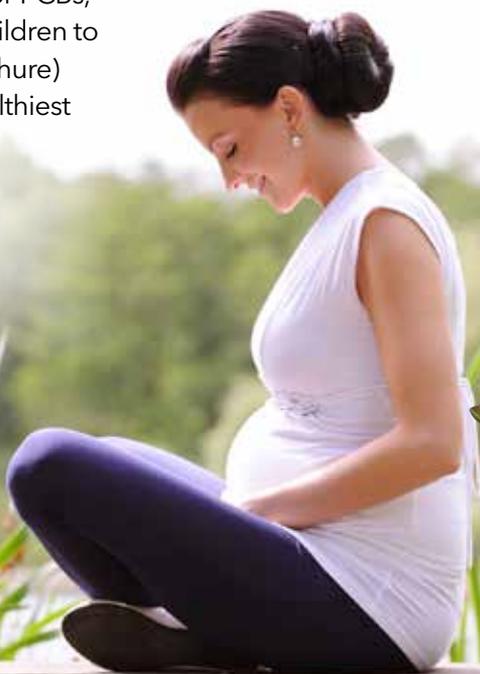
*Like Jennifer, you might be surprised to learn that fish is an important part of a healthy diet.*

After being away for several years, Jennifer and Mike recently moved back to their hometown of Chicago, Illinois. They decided it was time to try to have a baby. A baby is a big change, so Jennifer began doing her homework on exercise and nutrition that would help her have a healthy baby.

Jennifer found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

Jennifer wasn't convinced. She looked for other sources and found the Illinois Department of Public Health's Fish Consumption Guidelines. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish are healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthiest to eat and which she should avoid.

Now that Jennifer is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Illinois Fish Consumption Guidelines:

## STATEWIDE GUIDELINES

For pregnant or nursing women, women of childbearing age,  
and children less than 15 years of age.

KIND OF FISH	HOW OFTEN?
Flathead catfish, Hybrid striped bass, Largemouth bass, Muskellunge, Northern pike, Sauger, Saugeye, Smallmouth bass, Spotted bass, Striped bass, Walleye, White bass	1 meal/week

For complete fish consumption advice for Illinois, go to  
[http://www.idph.state.il.us/envhealth/fishadvisory/illinois\\_fish\\_advisory.pdf](http://www.idph.state.il.us/envhealth/fishadvisory/illinois_fish_advisory.pdf)

## LAKE MICHIGAN GUIDELINES

For all children and adults.

KIND OF FISH	HOW OFTEN?
Rainbow trout (<22"), Smelt, Yellow perch (<11")	1 meal/week
Brown trout, Chinook salmon, Coho salmon, Lake whitefish, Lake trout (<27"), Rainbow trout (>22"), Yellow perch (>11")	1 meal/month
Carp, Channel catfish, Lake trout (>27")	Do Not Eat!

## ADDITIONAL GUIDELINES FOR WAUKEGAN NORTH HARBOR

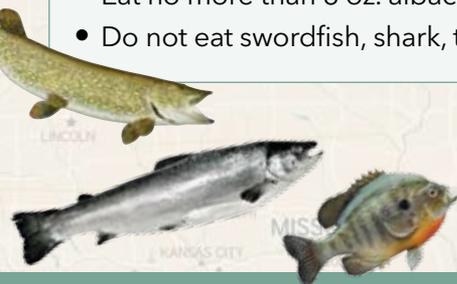
For all children and adults.

KIND OF FISH	HOW OFTEN?
Rock bass, sunfish, white sucker	1 meal/month
Black bullhead	6 meals/year

## PURCHASED FISH GUIDELINES

(from the U.S. Environmental Protection Agency and Food and Drug Administration)

- Eat up to 12 oz. of a variety of fish and shellfish each week.
- Eat no more than 6 oz. albacore ("white") tuna/week.
- Do not eat swordfish, shark, tilefish, or king mackerel.



**WHAT IS A MEAL?**  
8 ounces for a 150-pound person

# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant helps brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who do better developmentally.

*Most fish are a healthy food, but eating some types of fish raises health risks over time.*

- Some types of fish from some lakes and streams contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals build up in your body. Eventually, they can cause health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the Illinois Department of Public Health, the EPA, and the FDA.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



## FOR MORE INFORMATION VISIT:

[www.idph.state.us/envhealth/fishadvisory/illinois\\_fish\\_advisory.pdf](http://www.idph.state.us/envhealth/fishadvisory/illinois_fish_advisory.pdf)  
Form 18



Produced by Cornell University in cooperation with the Illinois Department of Public Health



# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish may have risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish can be healthy for women and children to eat.

*Where can I find out which fish are healthier to eat and which I should avoid?*

Illinois's Fish Consumption Guidelines can help you to choose which fish are healthier to eat and which you should try to avoid. These guidelines can be found in this brochure!



# Illinois Fish Consumption Guidelines:

## STATEWIDE GUIDELINES

For pregnant or nursing women, women of childbearing age,  
and children less than 15 years of age.

KIND OF FISH	HOW OFTEN?
Flathead catfish, Hybrid striped bass, Largemouth bass, Muskellunge, Northern pike, Sauger, Saugeye, Smallmouth bass, Spotted bass, Striped bass, Walleye, White bass	1 meal/week

For complete fish consumption advice for Illinois, go to  
[http://www.idph.state.il.us/envhealth/fishadvisory/illinois\\_fish\\_advisory.pdf](http://www.idph.state.il.us/envhealth/fishadvisory/illinois_fish_advisory.pdf)

## LAKE MICHIGAN GUIDELINES

For all children and adults.

KIND OF FISH	HOW OFTEN?
Rainbow trout (<22"), Smelt, Yellow perch (<11")	1 meal/week
Brown trout, Chinook salmon, Coho salmon, Lake whitefish, Lake trout (<27"), Rainbow trout (>22"), Yellow perch (>11")	1 meal/month
Carp, Channel catfish, Lake trout (>27")	Do Not Eat!

## ADDITIONAL GUIDELINES FOR WAUKEGAN NORTH HARBOR

For all children and adults.

KIND OF FISH	HOW OFTEN?
Rock bass, sunfish, white sucker	1 meal/month
Black bullhead	6 meals/year

## PURCHASED FISH GUIDELINES

(from the U.S. Environmental Protection Agency and Food and Drug Administration)

- Eat up to 12 oz. of a variety of fish and shellfish each week.
- Eat no more than 6 oz. albacore ("white") tuna/week.
- Do not eat swordfish, shark, tilefish, or king mackerel.



**WHAT IS A MEAL?**  
8 ounces for a 150-pound person

# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish may lower the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant may help brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who may do better developmentally.

*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

- Some types of fish from some lakes and streams may contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals can build up in your body. Eventually, they may cause health problems.
- It is difficult to know who might have health problems from chemicals in fish. Some people can be fine after years of eating fish with these chemicals in them, while others can have health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthier for you and your family to eat.*

- See the guidelines in this brochure from the Illinois Department of Public Health, the EPA, and the FDA.
- These guidelines tell which fish are healthier to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines can keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.idph.state.us/envhealth/fishadvisory/illinois\\_fish\\_advisory.pdf](http://www.idph.state.us/envhealth/fishadvisory/illinois_fish_advisory.pdf)  
Form 19



Produced by Cornell University in cooperation  
with the Illinois Department of Public Health



# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish may have risks for women who might become pregnant?

*Like Jennifer, you might be surprised to learn that fish can be an important part of a healthy diet.*

After being away for several years, Jennifer and Mike recently moved back to their hometown of Chicago, Illinois. They decided it was time to try to have a baby. A baby is a big change, so Jennifer began doing her homework on exercise and nutrition that would help her have a healthy baby.

Jennifer found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

Jennifer wasn't convinced. She looked for other sources and found the Illinois Department of Public Health's Fish Consumption Guidelines. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish can be healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthier to eat and which she should try to avoid.

Now that Jennifer is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Illinois Fish Consumption Guidelines:

## STATEWIDE GUIDELINES

For pregnant or nursing women, women of childbearing age,  
and children less than 15 years of age.

KIND OF FISH	HOW OFTEN?
Flathead catfish, Hybrid striped bass, Largemouth bass, Muskellunge, Northern pike, Sauger, Saugeye, Smallmouth bass, Spotted bass, Striped bass, Walleye, White bass	1 meal/week

For complete fish consumption advice for Illinois, go to  
[http://www.idph.state.il.us/envhealth/fishadvisory/illinois\\_fish\\_advisory.pdf](http://www.idph.state.il.us/envhealth/fishadvisory/illinois_fish_advisory.pdf)

## LAKE MICHIGAN GUIDELINES

For all children and adults.

KIND OF FISH	HOW OFTEN?
Rainbow trout (<22"), Smelt, Yellow perch (<11")	1 meal/week
Brown trout, Chinook salmon, Coho salmon, Lake whitefish, Lake trout (<27"), Rainbow trout (>22"), Yellow perch (>11")	1 meal/month
Carp, Channel catfish, Lake trout (>27")	Do Not Eat!

## ADDITIONAL GUIDELINES FOR WAUKEGAN NORTH HARBOR

For all children and adults.

KIND OF FISH	HOW OFTEN?
Rock bass, sunfish, white sucker	1 meal/month
Black bullhead	6 meals/year

## PURCHASED FISH GUIDELINES

(from the U.S. Environmental Protection Agency and Food and Drug Administration)

- Eat up to 12 oz. of a variety of fish and shellfish each week.
- Eat no more than 6 oz. albacore ("white") tuna/week.
- Do not eat swordfish, shark, tilefish, or king mackerel.



**WHAT IS A MEAL?**  
8 ounces for a 150-pound person

# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish may lower the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant may help brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who may do better developmentally.

*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

- Some types of fish from some lakes and streams may contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals can build up in your body. Eventually, they may cause health problems.
- It is difficult to know who might have health problems from chemicals in fish. Some people can be fine after years of eating fish with these chemicals in them, while others can have health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthier for you and your family to eat.*

- See the guidelines in this brochure from the Illinois Department of Public Health, the EPA, and the FDA.
- These guidelines tell which fish are healthier to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines can keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.idph.state.us/envhealth/fishadvisory/illinois\\_fish\\_advisory.pdf](http://www.idph.state.us/envhealth/fishadvisory/illinois_fish_advisory.pdf)  
Form 17



Produced by Cornell University in cooperation  
with the Illinois Department of Public Health



# *Your guide to eating* **FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish has risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish are healthy for women and children to eat.

*Where can I find out which fish are healthy to eat and which I should avoid?*

Wisconsin's Safe-Eating Guidelines for fish can help you to choose which fish are healthiest to eat and which you should avoid. These guidelines can be found in this brochure!



# Wisconsin Safe-Eating Guidelines for Fish:

For Women Up to Age 50 and Children Under Age 15

## STATEWIDE\* GUIDELINES FOR FISH YOU CATCH

**MAY EAT 1 MEAL PER WEEK OF:** Bluegill, crappies, yellow perch, sunfish, bullheads, or inland trout

**AND**

**MAY EAT 1 MEAL PER MONTH OF:** Walleye, pike, bass, catfish, or all other species

**DO NOT EAT:** Muskies

\*For exceptions to this advice and to find advice for waters not listed here, visit [wi.dnr.gov](http://wi.dnr.gov) and search "Eating Your Catch."

## PURCHASED FISH GUIDELINES

**MAY EAT 2 MEALS PER WEEK OF:** Atlantic or Pacific Salmon (not Great Lakes), farm-raised catfish, shrimp, pollock, or other purchased fish low in mercury

**OR**

**MAY EAT 1 MEAL PER WEEK OF:** Canned "light" tuna

**AND**

**MAY EAT 1 MEAL PER MONTH OF:** Canned white tuna, tuna steaks, or halibut

**DO NOT EAT:** Shark, swordfish, king mackerel, or tilefish

## WHAT IS A MEAL?

YOUR BODY WEIGHT	FILLET WEIGHT BEFORE COOKING
75 Pounds	1/4 pound (4oz)
150 Pounds	1/2 pound (8oz)
225 Pounds	3/4 pound (12oz)



# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant helps brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who do better developmentally.

*Most fish are a healthy food, but eating some types of fish raises health risks over time.*

- Some types of fish from some lakes and streams contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals build up in your body. Eventually, they can cause health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the Wisconsin Department of Natural Resources.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.dnr.wi.gov/topic/fishing/  
consumption/](http://www.dnr.wi.gov/topic/fishing/consumption/)  
Form 28



Produced by Cornell University in cooperation  
with the Wisconsin Department of Natural  
Resources and Department of Health Services

# Great Lakes Guidelines

*For exceptions to this advice and to find advice for waters not listed here, visit [wi.dnr.gov](http://wi.dnr.gov) and search “Eating Your Catch.”*

## LAKE SUPERIOR GUIDELINES

(and tributaries up to the first impassable barrier)

**MAY EAT 1 MEAL PER WEEK OF:** Brown trout, burbot, chinook salmon (<32"), chubs, coho salmon, lake herring, lake trout (<22"), lake whitefish, rainbow trout, or yellow perch

**MAY EAT 1 MEAL PER MONTH OF:** Chinook salmon (>32"), lake sturgeon (>50"), lake trout (22-37"), siscowet (<29"), or walleye

**MAY EAT 6 MEALS PER YEAR (1 MEAL EVERY 2 MONTHS) OF:** Lake trout (>37") or siscowet (29-36")

**DO NOT EAT:** Siscowet (>36")

## LAKE MICHIGAN GUIDELINES

(and tributaries up to the first dam)

**MAY EAT 1 MEAL PER WEEK OF:** Rainbow trout (<22"), smelt, or yellow perch (<11")

**MAY EAT 1 MEAL PER MONTH OF:** Brown trout, chinook salmon, chubs, coho salmon, lake trout (<27"), lake whitefish, rainbow trout (>22"), or yellow perch (>11")

**DO NOT EAT:** Lake trout (>27")

## GREEN BAY GUIDELINES

(and tributaries up to the first dam – see also more stringent advice for the lower Fox River)

**MAY EAT 1 MEAL PER WEEK OF:** Burbot, northern pike (<27"), smallmouth bass (<13"), white sucker, or yellow perch

**MAY EAT 1 MEAL PER MONTH OF:** Brown trout (<28"), chinook salmon, lake whitefish, northern pike (>27"), rainbow trout, sheepshead, smallmouth bass (>13"), or walleye

**MAY EAT 6 MEALS PER YEAR (1 MEAL EVERY 2 MONTHS) OF:** Channel catfish, musky (>50"), white bass, or white perch

**DO NOT EAT:** Brown trout (>28"), carp, or sturgeon



# *Your guide to eating* **FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish has risks for women who might become pregnant?

*Like Amanda, you might be surprised to learn that fish is an important part of a healthy diet.*

After being away for several years, Amanda and Andy recently moved back to their hometown of Milwaukee, Wisconsin. They decided it was time to try to have a baby. A baby is a big change, so Amanda began doing her homework on exercise and nutrition that would help her have a healthy baby.

Amanda found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

Amanda wasn't convinced. She looked for other sources and found the Wisconsin Department of Natural Resources' Safe-Eating Guidelines for fish. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish are healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthiest to eat and which she should avoid.

Now that Amanda is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Wisconsin Safe-Eating Guidelines for Fish:

For Women Up to Age 50 and Children Under Age 15

## STATEWIDE\* GUIDELINES FOR FISH YOU CATCH

**MAY EAT 1 MEAL PER WEEK OF:** Bluegill, crappies, yellow perch, sunfish, bullheads, or inland trout

**AND**

**MAY EAT 1 MEAL PER MONTH OF:** Walleye, pike, bass, catfish, or all other species

**DO NOT EAT:** Muskies

\*For exceptions to this advice and to find advice for waters not listed here, visit [wi.dnr.gov](http://wi.dnr.gov) and search "Eating Your Catch."

## PURCHASED FISH GUIDELINES

**MAY EAT 2 MEALS PER WEEK OF:** Atlantic or Pacific Salmon (not Great Lakes), farm-raised catfish, shrimp, pollock, or other purchased fish low in mercury

**OR**

**MAY EAT 1 MEAL PER WEEK OF:** Canned "light" tuna

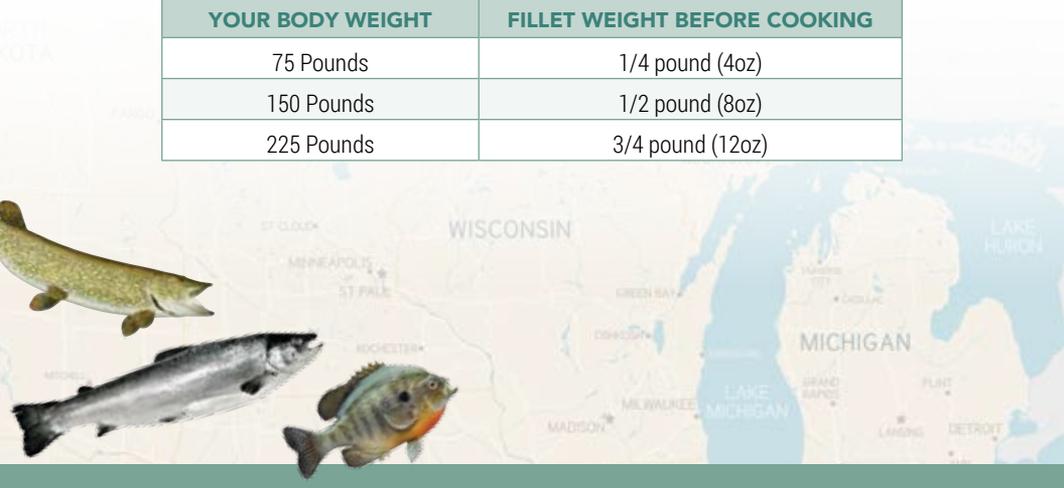
**AND**

**MAY EAT 1 MEAL PER MONTH OF:** Canned white tuna, tuna steaks, or halibut

**DO NOT EAT:** Shark, swordfish, king mackerel, or tilefish

## WHAT IS A MEAL?

YOUR BODY WEIGHT	FILLET WEIGHT BEFORE COOKING
75 Pounds	1/4 pound (4oz)
150 Pounds	1/2 pound (8oz)
225 Pounds	3/4 pound (12oz)



# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
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- See the guidelines in this brochure from the Wisconsin Department of Natural Resources.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.dnr.wi.gov/topic/fishing/  
consumption/](http://www.dnr.wi.gov/topic/fishing/consumption/)  
Form 26



Produced by Cornell University in cooperation  
with the Wisconsin Department of Natural  
Resources and Department of Health Services

# Great Lakes Guidelines

*For exceptions to this advice and to find advice for waters not listed here, visit [wi.dnr.gov](http://wi.dnr.gov) and search “Eating Your Catch.”*

## LAKE SUPERIOR GUIDELINES

(and tributaries up to the first impassable barrier)

**MAY EAT 1 MEAL PER WEEK OF:** Brown trout, burbot, chinook salmon (<32"), chubs, coho salmon, lake herring, lake trout (<22"), lake whitefish, rainbow trout, or yellow perch

**MAY EAT 1 MEAL PER MONTH OF:** Chinook salmon (>32"), lake sturgeon (>50"), lake trout (22-37"), siscowet (<29"), or walleye

**MAY EAT 6 MEALS PER YEAR (1 MEAL EVERY 2 MONTHS) OF:** Lake trout (>37") or siscowet (29-36")

**DO NOT EAT:** Siscowet (>36")

## LAKE MICHIGAN GUIDELINES

(and tributaries up to the first dam)

**MAY EAT 1 MEAL PER WEEK OF:** Rainbow trout (<22"), smelt, or yellow perch (<11")

**MAY EAT 1 MEAL PER MONTH OF:** Brown trout, chinook salmon, chubs, coho salmon, lake trout (<27"), lake whitefish, rainbow trout (>22"), or yellow perch (>11")

**DO NOT EAT:** Lake trout (>27")

## GREEN BAY GUIDELINES

(and tributaries up to the first dam – see also more stringent advice for the lower Fox River)

**MAY EAT 1 MEAL PER WEEK OF:** Burbot, northern pike (<27"), smallmouth bass (<13"), white sucker, or yellow perch

**MAY EAT 1 MEAL PER MONTH OF:** Brown trout (<28"), chinook salmon, lake whitefish, northern pike (>27"), rainbow trout, sheepshead, smallmouth bass (>13"), or walleye

**MAY EAT 6 MEALS PER YEAR (1 MEAL EVERY 2 MONTHS) OF:** Channel catfish, musky (>50"), white bass, or white perch

**DO NOT EAT:** Brown trout (>28"), carp, or sturgeon

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# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish may have risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish can be healthy for women and children to eat.

*Where can I find out which fish are healthier to eat and which I should avoid?*

Wisconsin's Safe-Eating Guidelines for fish can help you to choose which fish are healthier to eat and which you should try to avoid. These guidelines can be found in this brochure!



# Wisconsin Safe-Eating Guidelines for Fish:

For Women Up to Age 50 and Children Under Age 15

## STATEWIDE\* GUIDELINES FOR FISH YOU CATCH

**MAY EAT 1 MEAL PER WEEK OF:** Bluegill, crappies, yellow perch, sunfish, bullheads, or inland trout

**AND**

**MAY EAT 1 MEAL PER MONTH OF:** Walleye, pike, bass, catfish, or all other species

**DO NOT EAT:** Muskies

\*For exceptions to this advice and to find advice for waters not listed here, visit [wi.dnr.gov](http://wi.dnr.gov) and search "Eating Your Catch."

## PURCHASED FISH GUIDELINES

**MAY EAT 2 MEALS PER WEEK OF:** Atlantic or Pacific Salmon (not Great Lakes), farm-raised catfish, shrimp, pollock, or other purchased fish low in mercury

**OR**

**MAY EAT 1 MEAL PER WEEK OF:** Canned "light" tuna

**AND**

**MAY EAT 1 MEAL PER MONTH OF:** Canned white tuna, tuna steaks, or halibut

**DO NOT EAT:** Shark, swordfish, king mackerel, or tilefish

## WHAT IS A MEAL?

YOUR BODY WEIGHT	FILLET WEIGHT BEFORE COOKING
75 Pounds	1/4 pound (4oz)
150 Pounds	1/2 pound (8oz)
225 Pounds	3/4 pound (12oz)



# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish may lower the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant may help brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who may do better developmentally.

*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

- Some types of fish from some lakes and streams may contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals can build up in your body. Eventually, they may cause health problems.
- It is difficult to know who might have health problems from chemicals in fish. Some people can be fine after years of eating fish with these chemicals in them, while others can have health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthier for you and your family to eat.*

- See the guidelines in this brochure from the Wisconsin Department of Natural Resources.
- These guidelines tell which fish are healthier to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines can keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.dnr.wi.gov/topic/fishing/  
consumption/](http://www.dnr.wi.gov/topic/fishing/consumption/)  
Form 27



Produced by Cornell University in cooperation  
with the Wisconsin Department of Natural  
Resources and Department of Health Services

# Great Lakes Guidelines

*For exceptions to this advice and to find advice for waters not listed here, visit [wi.dnr.gov](http://wi.dnr.gov) and search “Eating Your Catch.”*

## LAKE SUPERIOR GUIDELINES

(and tributaries up to the first impassable barrier)

**MAY EAT 1 MEAL PER WEEK OF:** Brown trout, burbot, chinook salmon (<32"), chubs, coho salmon, lake herring, lake trout (<22"), lake whitefish, rainbow trout, or yellow perch

**MAY EAT 1 MEAL PER MONTH OF:** Chinook salmon (>32"), lake sturgeon (>50"), lake trout (22-37"), siscowet (<29"), or walleye

**MAY EAT 6 MEALS PER YEAR (1 MEAL EVERY 2 MONTHS) OF:** Lake trout (>37") or siscowet (29-36")

**DO NOT EAT:** Siscowet (>36")

## LAKE MICHIGAN GUIDELINES

(and tributaries up to the first dam)

**MAY EAT 1 MEAL PER WEEK OF:** Rainbow trout (<22"), smelt, or yellow perch (<11")

**MAY EAT 1 MEAL PER MONTH OF:** Brown trout, chinook salmon, chubs, coho salmon, lake trout (<27"), lake whitefish, rainbow trout (>22"), or yellow perch (>11")

**DO NOT EAT:** Lake trout (>27")

## GREEN BAY GUIDELINES

(and tributaries up to the first dam – see also more stringent advice for the lower Fox River)

**MAY EAT 1 MEAL PER WEEK OF:** Burbot, northern pike (<27"), smallmouth bass (<13"), white sucker, or yellow perch

**MAY EAT 1 MEAL PER MONTH OF:** Brown trout (<28"), chinook salmon, lake whitefish, northern pike (>27"), rainbow trout, sheepshead, smallmouth bass (>13"), or walleye

**MAY EAT 6 MEALS PER YEAR (1 MEAL EVERY 2 MONTHS) OF:** Channel catfish, musky (>50"), white bass, or white perch

**DO NOT EAT:** Brown trout (>28"), carp, or sturgeon



# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish may have risks for women who might become pregnant?

*Like Amanda, you might be surprised to learn that fish can be an important part of a healthy diet.*

After being away for several years, Amanda and Andy recently moved back to their hometown of Milwaukee, Wisconsin. They decided it was time to try to have a baby. A baby is a big change, so Amanda began doing her homework on exercise and nutrition that would help her have a healthy baby.

Amanda found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

Amanda wasn't convinced. She looked for other sources and found the Wisconsin Department of Natural Resources' Safe-Eating Guidelines for fish. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish can be healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthier to eat and which she should try to avoid.

Now that Amanda is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Wisconsin Safe-Eating Guidelines for Fish:

For Women Up to Age 50 and Children Under Age 15

## STATEWIDE\* GUIDELINES FOR FISH YOU CATCH

**MAY EAT 1 MEAL PER WEEK OF:** Bluegill, crappies, yellow perch, sunfish, bullheads, or inland trout

**AND**

**MAY EAT 1 MEAL PER MONTH OF:** Walleye, pike, bass, catfish, or all other species

**DO NOT EAT:** Muskies

\*For exceptions to this advice and to find advice for waters not listed here, visit [wi.dnr.gov](http://wi.dnr.gov) and search "Eating Your Catch."

## PURCHASED FISH GUIDELINES

**MAY EAT 2 MEALS PER WEEK OF:** Atlantic or Pacific Salmon (not Great Lakes), farm-raised catfish, shrimp, pollock, or other purchased fish low in mercury

**OR**

**MAY EAT 1 MEAL PER WEEK OF:** Canned "light" tuna

**AND**

**MAY EAT 1 MEAL PER MONTH OF:** Canned white tuna, tuna steaks, or halibut

**DO NOT EAT:** Shark, swordfish, king mackerel, or tilefish

## WHAT IS A MEAL?

YOUR BODY WEIGHT	FILLET WEIGHT BEFORE COOKING
75 Pounds	1/4 pound (4oz)
150 Pounds	1/2 pound (8oz)
225 Pounds	3/4 pound (12oz)



# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish may lower the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant may help brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who may do better developmentally.

*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

- Some types of fish from some lakes and streams may contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals can build up in your body. Eventually, they may cause health problems.
- It is difficult to know who might have health problems from chemicals in fish. Some people can be fine after years of eating fish with these chemicals in them, while others can have health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthier for you and your family to eat.*

- See the guidelines in this brochure from the Wisconsin Department of Natural Resources.
- These guidelines tell which fish are healthier to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines can keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.dnr.wi.gov/topic/fishing/  
consumption/](http://www.dnr.wi.gov/topic/fishing/consumption/)  
Form 25



Produced by Cornell University in cooperation  
with the Wisconsin Department of Natural  
Resources and Department of Health Services

# Great Lakes Guidelines

*For exceptions to this advice and to find advice for waters not listed here, visit [wi.dnr.gov](http://wi.dnr.gov) and search “Eating Your Catch.”*

## LAKE SUPERIOR GUIDELINES

(and tributaries up to the first impassable barrier)

**MAY EAT 1 MEAL PER WEEK OF:** Brown trout, burbot, chinook salmon (<32"), chubs, coho salmon, lake herring, lake trout (<22"), lake whitefish, rainbow trout, or yellow perch

**MAY EAT 1 MEAL PER MONTH OF:** Chinook salmon (>32"), lake sturgeon (>50"), lake trout (22-37"), siscowet (<29"), or walleye

**MAY EAT 6 MEALS PER YEAR (1 MEAL EVERY 2 MONTHS) OF:** Lake trout (>37") or siscowet (29-36")

**DO NOT EAT:** Siscowet (>36")

## LAKE MICHIGAN GUIDELINES

(and tributaries up to the first dam)

**MAY EAT 1 MEAL PER WEEK OF:** Rainbow trout (<22"), smelt, or yellow perch (<11")

**MAY EAT 1 MEAL PER MONTH OF:** Brown trout, chinook salmon, chubs, coho salmon, lake trout (<27"), lake whitefish, rainbow trout (>22"), or yellow perch (>11")

**DO NOT EAT:** Lake trout (>27")

## GREEN BAY GUIDELINES

(and tributaries up to the first dam – see also more stringent advice for the lower Fox River)

**MAY EAT 1 MEAL PER WEEK OF:** Burbot, northern pike (<27"), smallmouth bass (<13"), white sucker, or yellow perch

**MAY EAT 1 MEAL PER MONTH OF:** Brown trout (<28"), chinook salmon, lake whitefish, northern pike (>27"), rainbow trout, sheepshead, smallmouth bass (>13"), or walleye

**MAY EAT 6 MEALS PER YEAR (1 MEAL EVERY 2 MONTHS) OF:** Channel catfish, musky (>50"), white bass, or white perch

**DO NOT EAT:** Brown trout (>28"), carp, or sturgeon



*Your guide to eating*  
**FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish has risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish are healthy for women and children to eat.

*Where can I find out which fish are healthy to eat and which I should avoid?*

Minnesota's Fish Consumption Guidelines can help you to choose which fish are healthiest to eat and which you should avoid. These guidelines can be found in this brochure!



# Minnesota Guidelines for Eating Fish:

For Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15:



Every week eat some of these fish!

## 2 SERVINGS OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Herring (Cisco)
- Coho Salmon
- Rainbow Trout/Steelhead
- Smelt

### INLAND FISH:

- Rainbow Trout

### PURCHASED FISH:

- Cod
- Crab
- Salmon  
(Atlantic or Pacific; not Great Lakes)
- Sardines
- Scallops
- Shrimp
- Tilapia

OR

## 1 SERVING OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Lake Whitefish
- Menominee
- Brown Trout
- Lake Trout <22"
- Chinook Salmon < 32"

### INLAND FISH:

- Herring (Cisco)
- Lake Whitefish
- Splake
- Sunfish and Crappie
- Yellow Perch

### PURCHASED FISH:

- Canned "light" tuna

Once a month it's also OK to eat 1 serving of these fish:

## 1 SERVING EACH MONTH OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Lake Trout 22"-37"
- Chinook Salmon 32"+
- Walleye

### INLAND FISH:

- Northern Pike
- Walleye
- Trout - Lake, Brown, Brook

### PURCHASED FISH:

- Canned "white" (albacore) tuna
- Tuna (steak, fillet, sushi)
- Halibut

Avoid eating these fish:

Shark and Swordfish



WHAT COUNTS AS A SERVING?

A serving is 8 oz un-cooked fish for a 150lb person

# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant helps brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who do better developmentally.

*Most fish are a healthy food, but eating some types of fish raises health risks over time.*

- Some types of fish from some lakes and streams contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals build up in your body. Eventually, they can cause health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthy for you and your family to eat.*

- See the guidelines in this brochure from the Minnesota Department of Health.
- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.health.state.mn.us/fish](http://www.health.state.mn.us/fish)  
Form 32



Produced by Cornell University in cooperation  
with the Minnesota Department of Health



*Your guide to eating*  
**FISH & SHELLFISH**

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Fish is an important part of a healthy diet for all women. It is even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish has risks for women who might become pregnant?

*Like Laura, you might be surprised to learn that fish is an important part of a healthy diet.*

After being away for several years, Laura and Matt recently moved back to their hometown of Virginia, Minnesota. They decided it was time to try to have a baby. A baby is a big change, so Laura began doing her homework on exercise and nutrition that would help her have a healthy baby.

Laura found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s are important for a baby's development and are not found in many other foods. Fish are also a very nutritious food for children to eat as they grow.

Laura wasn't convinced. She looked for other sources and found the Minnesota Department of Health's Fish Consumption Guidelines. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish are healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthiest to eat and which she should avoid.

Now that Laura is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Minnesota Guidelines for Eating Fish:

For Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15:



Every week eat some of these fish!

## 2 SERVINGS OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Herring (Cisco)
- Coho Salmon
- Rainbow Trout/Steelhead
- Smelt

### INLAND FISH:

- Rainbow Trout

### PURCHASED FISH:

- Cod
- Crab
- Salmon  
(Atlantic or Pacific; not Great Lakes)
- Sardines
- Scallops
- Shrimp
- Tilapia

OR

## 1 SERVING OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Lake Whitefish
- Menominee
- Brown Trout
- Lake Trout <22"
- Chinook Salmon < 32"

### INLAND FISH:

- Herring (Cisco)
- Lake Whitefish
- Splake
- Sunfish and Crappie
- Yellow Perch

### PURCHASED FISH:

- Canned "light" tuna

Once a month it's also OK to eat 1 serving of these fish:

## 1 SERVING EACH MONTH OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Lake Trout 22"-37"
- Chinook Salmon 32"+
- Walleye

### INLAND FISH:

- Northern Pike
- Walleye
- Trout - Lake, Brown, Brook

### PURCHASED FISH:

- Canned "white" (albacore) tuna
- Tuna (steak, fillet, sushi)
- Halibut

Avoid eating these fish:

Shark and Swordfish



WHAT COUNTS AS A SERVING?

A serving is 8 oz un-cooked fish for a 150lb person

# THE FACTS ON FISH

*Fish is an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish lowers the risk of heart disease and other health problems.
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*Most fish are a healthy food, but eating some types of fish raises health risks over time.*

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- These guidelines tell which fish are the healthiest to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines will keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.health.state.mn.us/fish](http://www.health.state.mn.us/fish)  
Form 30



Produced by Cornell University in cooperation  
with the Minnesota Department of Health



# *Your guide to eating* **FISH & SHELLFISH**

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Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Frequently Asked Questions about Eating Fish

*I heard that eating fish may have risks for women who might become pregnant – is this true?*

Certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

*But aren't there harmful chemicals in fish, too?*

Some types of fish contain higher levels of chemicals like mercury or PCBs, but many fish can be healthy for women and children to eat.

*Where can I find out which fish are healthier to eat and which I should avoid?*

Minnesota's Fish Consumption Guidelines can help you to choose which fish are healthier to eat and which you should try to avoid. These guidelines can be found in this brochure!



# Minnesota Guidelines for Eating Fish:

For Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15:



Every week eat some of these fish!

## 2 SERVINGS OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Herring (Cisco)
- Coho Salmon
- Rainbow Trout/Steelhead
- Smelt

### INLAND FISH:

- Rainbow Trout

### PURCHASED FISH:

- Cod
- Crab
- Salmon  
(Atlantic or Pacific; not Great Lakes)
- Sardines
- Scallops
- Shrimp
- Tilapia

OR

## 1 SERVING OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Lake Whitefish
- Menominee
- Brown Trout
- Lake Trout <22"
- Chinook Salmon < 32"

### INLAND FISH:

- Herring (Cisco)
- Lake Whitefish
- Splake
- Sunfish and Crappie
- Yellow Perch

### PURCHASED FISH:

- Canned "light" tuna

Once a month it's also OK to eat 1 serving of these fish:

## 1 SERVING EACH MONTH OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Lake Trout 22"-37"
- Chinook Salmon 32"+
- Walleye

### INLAND FISH:

- Northern Pike
- Walleye
- Trout - Lake, Brown, Brook

### PURCHASED FISH:

- Canned "white" (albacore) tuna
- Tuna (steak, fillet, sushi)
- Halibut

Avoid eating these fish:

Shark and Swordfish



WHAT COUNTS AS A SERVING?

A serving is 8 oz un-cooked fish for a 150lb person

# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish may lower the risk of heart disease and other health problems.
- Eating fish with omega-3s while pregnant may help brain and eye development in a woman's fetus.
- Women who eat low mercury fish every week when they are pregnant have children who may do better developmentally.

*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

- Some types of fish from some lakes and streams may contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals can build up in your body. Eventually, they may cause health problems.
- It is difficult to know who might have health problems from chemicals in fish. Some people can be fine after years of eating fish with these chemicals in them, while others can have health problems.
- Benefits outweigh risks if you eat fish low in mercury and other contaminants.

*Health experts can help you know which fish are healthier for you and your family to eat.*

- See the guidelines in this brochure from the Minnesota Department of Health.
- These guidelines tell which fish are healthier to eat.
- Our bodies eliminate chemicals from fish over time. Women who follow the guidelines can keep these chemicals from building up to harmful levels in their bodies.



**FOR MORE INFORMATION VISIT:**

[www.health.state.mn.us/fish](http://www.health.state.mn.us/fish)  
Form 31



Produced by Cornell University in cooperation  
with the Minnesota Department of Health



# *Your guide to eating* **FISH & SHELLFISH**

---

Fish can be an important part of a healthy diet for all women. It may be even more important for women who are pregnant, breastfeeding, or might become pregnant.



# Do you think eating fish may have risks for women who might become pregnant?

*Like Laura, you might be surprised to learn that fish can be an important part of a healthy diet.*

After being away for several years, Laura and Matt recently moved back to their hometown of Virginia, Minnesota. They decided it was time to try to have a baby. A baby is a big change, so Laura began doing her homework on exercise and nutrition that would help her have a healthy baby.

Laura found a website with guidelines about eating fish for women of childbearing age. The website explained that, although many women don't eat fish before and during pregnancy, certain fish are actually a great source of omega-3s. Omega-3s may be important for a baby's development and are not found in many other foods. Fish can also be a very nutritious food for children to eat as they grow.

Laura wasn't convinced. She looked for other sources and found the Minnesota Department of Health's Fish Consumption Guidelines. These guidelines confirmed that while some types of fish contain higher levels of chemicals like mercury or PCBs, many fish can be healthy for women and children to eat. These guidelines (found in this brochure) helped her to choose which fish are healthier to eat and which she should try to avoid.

Now that Laura is pregnant she is using the guidelines to choose which fish to eat. She is happy because salmon is one of her favorite foods!



# Minnesota Guidelines for Eating Fish:

For Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15:



Every week eat some of these fish!

## 2 SERVINGS OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Herring (Cisco)
- Coho Salmon
- Rainbow Trout/Steelhead
- Smelt

### INLAND FISH:

- Rainbow Trout

### PURCHASED FISH:

- Cod
- Crab
- Salmon  
(Atlantic or Pacific; not Great Lakes)
- Sardines
- Scallops
- Shrimp
- Tilapia

OR

## 1 SERVING OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Lake Whitefish
- Menominee
- Brown Trout
- Lake Trout <22"
- Chinook Salmon < 32"

### INLAND FISH:

- Herring (Cisco)
- Lake Whitefish
- Splake
- Sunfish and Crappie
- Yellow Perch

### PURCHASED FISH:

- Canned "light" tuna

Once a month it's also OK to eat 1 serving of these fish:

## 1 SERVING EACH MONTH OF ANY OF THESE FISH:

### LAKE SUPERIOR FISH:

- Lake Trout 22"-37"
- Chinook Salmon 32"+
- Walleye

### INLAND FISH:

- Northern Pike
- Walleye
- Trout - Lake, Brown, Brook

### PURCHASED FISH:

- Canned "white" (albacore) tuna
- Tuna (steak, fillet, sushi)
- Halibut

Avoid eating these fish:

Shark and Swordfish



WHAT COUNTS AS A SERVING?

A serving is 8 oz un-cooked fish for a 150lb person

# THE FACTS ON FISH

*Fish can be an important part of a healthy diet for all women.*

- Fish is low in calories, has plenty of protein, and is a great way to get omega-3s. Eating fish may lower the risk of heart disease and other health problems.
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- Women who eat low mercury fish every week when they are pregnant have children who may do better developmentally.

*Most fish are a healthy food, but eating some types of fish may raise health risks over time.*

- Some types of fish from some lakes and streams may contain harmful chemicals such as PCBs and mercury.
- When you eat fish that contain these chemicals, the chemicals can build up in your body. Eventually, they may cause health problems.
- It is difficult to know who might have health problems from chemicals in fish. Some people can be fine after years of eating fish with these chemicals in them, while others can have health problems.
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*Health experts can help you know which fish are healthier for you and your family to eat.*

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**FOR MORE INFORMATION VISIT:**

[www.health.state.mn.us/fish](http://www.health.state.mn.us/fish)  
Form 29



Produced by Cornell University in cooperation  
with the Minnesota Department of Health