Choose health, low mercury fish

PUT FISH ON YOUR PLATE

Not all fish are equal. **Know what types of fish are best for you and how often you can eat them.** Benefits of eating fish outweigh risks if you choose to eat fish low in mercury. Mercury can affect memory, thinking, attention, and success in school for children.

**Healthy Tips**

- Mercury cannot be removed by cleaning, cooking, or freezing fish.
- Eat smaller fish. Give larger walleyes, northerns, and white bass to women who are not pregnant or planning to become pregnant and men.
- How clean a lake looks or how a fish smells is not a sign of how safe the fish is to eat.

Fish eating guidelines
health.state.mn.us/fish
ChooseYourFish.org
651-201-4911

To obtain this information in a different format, call 651-201-4899. REV 6/2019
Women who are or may become pregnant and children under 15 years old –

Choose Your Fish!

**EVERY WEEK: EAT 2 TIMES***
Very low mercury

FROM STORES & RESTAURANTS
- Catfish (farm-raised)
- Pompano
- Riverbarb
- Salmon (Atlantic and Pacific)
- Shellfish (such as shrimp and crab)
- Smelt
- Tilapia
- Fish sticks and sandwiches

OR

**EVERY WEEK: EAT 1 TIME***
Low mercury

FROM STORES & RESTAURANTS
- Canned light tuna

FROM MINNESOTA LAKES & RIVERS
- Crappie
- Stream trout
- Sunfish
- Yellow perch

AND if you choose

**EVERY MONTH: EAT 1 TIME***
Medium mercury

FROM STORES & RESTAURANTS
- Canned white (albacore) tuna
- Tuna (fillet and steak)

FROM MINNESOTA LAKES & RIVERS
- Bass
- Catfish
- Northern pike
- Walleye
- White bass

FROM DEVIL’S LAKE (North Dakota)
- Walleye
- White bass

*1 Time = 1 Serving
Serving size increases or decreases depending on a person’s size. A serving is 3 ounces of cooked fish for a 75 pound person (3 ounces is about the size of a deck of cards). A serving is 5 ounces cooked fish for a 120 pound person. You can eat fish more often if the amount of fish you eat is smaller than your serving size.