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

STATEWIDE SAFE-EATING GUIDELINES

Every week eat some of these fish!

2 SERVINGS of any of these fish

- Catfish (farm-raised)
- Cod
- Herring
- Mackerel (Atlantic)
- Pollock
- Salmon (Atlantic or Pacific; not Great Lakes)
- Sardines
- Shellfish (such as crab, oysters, scallops, shrimp)
- Tilapia
- Fish sticks and sandwiches

↑ Higher in Omega-3 fatty acids

OR

1 SERVING of any of these fish

- Canned “light” tuna
- Halibut

Minnesota caught fish

- Bullhead
- Crappie
- Inland trout (brook, brown, rainbow)
- Lake herring (Cisco)
- Lake whitefish
- Sunfish (such as Bluegill)
- Yellow perch

And, 1 serving each month of any of these fish

Purchased fish

- Canned “white” (albacore) tuna
- Chilean seabass
- Grouper
- Marlin
- Tuna (steak or fillet)

Minnesota caught fish

- Bass
- Catfish
- Lake Trout
- Northern pike
- Walleye
- Other Minnesota species not listed

DO NOT EAT these fish!

Purchased fish

- Swordfish
- Shark

Minnesota caught fish

- King mackerel
- Tilefish
- Muskellunge

Fish Guidelines Program
651-201-4911
www.health.state.mn.us

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To obtain this information in a different format, call
651-201-4911