



Fish: What Pregnant Women and Parents Should Know

Draft Updated Advice by FDA and EPA / June 2014

<p>Key Message</p>	<p>Eat 8 to 12 ounces of a variety of fish* each week from choices that are lower in mercury. The nutritional value of fish is important during growth and development before birth, in early infancy for breastfed infants, and in childhood.</p>
<p>Who Should Know</p>	<p>Women who are pregnant (or might become pregnant) or breastfeeding. Anyone who feeds young children.</p>
<p>What to Do</p>	<ol style="list-style-type: none"> 1. Eat 8-12 ounces of a variety of fish a week. <ul style="list-style-type: none"> • That's 2 or 3 servings of fish a week. • For young children, give them 2 or 3 servings of fish a week with the portion right for the child's age and calorie needs. 2. Choose fish lower in mercury. <ul style="list-style-type: none"> • Many of the most commonly eaten fish are lower in mercury. • These include salmon, shrimp, pollock, tuna (light canned), tilapia, catfish, and cod. 3. Avoid 4 types of fish: tilefish from the Gulf of Mexico, shark, swordfish, and king mackerel. <ul style="list-style-type: none"> • These 4 types of fish are highest in mercury. • Limit white (albacore) tuna to 6 ounces a week. 4. When eating fish you or others have caught from streams, rivers, and lakes, pay attention to fish advisories on those waterbodies. <ul style="list-style-type: none"> • If advice isn't available, adults should limit such fish to 6 ounces a week and young children to 1 to 3 ounces a week and not eat other fish that week. 5. When adding more fish to your diet, be sure to stay within your calorie needs.
<p>Why This Advice is Important</p>	<p>Fish contains important nutrients for developing fetuses, infants who are breastfed, and young children. Fish provides health benefits for the general public. Many people do not currently eat the recommended amount of fish.</p>

NOTE: *This advice refers to fish and shellfish collectively as "fish."

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