Choose fish that are low in mercury

The American Heart Association recommends eating fish twice a week. **However, children, women who are (or might become) pregnant, and women who are breastfeeding, should be careful about eating fish with high mercury levels.** Shark, swordfish, king mackerel, tilefish and tuna steak should not be eaten.

Some fish have less mercury than others. Good choices are:

- Canned light tuna
- Shrimp
- Flounder
- Pollock (imitation crab)
- Cod
- Catfish
- Salmon
- Trout

Canned white (albacore) tuna is higher in mercury than canned light tuna. Women should limit eating canned albacore to one 6 ounce can a week. Children may eat 1 to 5 ounces per week depending on their weight – 1 ounce (1 tablespoon) for every 25 pounds the child weighs. If you choose to eat canned white tuna, no other fish should be eaten that week.

For information about local fish advisories and healthy choices when eating fish call 1-877-485-7316 or visit our web site: www.doh.wa.gov/fish.

Washington State Department of Health
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Elija pescados con bajas cantidades de mercurio

La Asociación Americana del Corazón recomienda comer pescado dos veces por semana. **Sin embargo, los niños, las mujeres embarazadas o en edad fértil, y mujeres en periodo de lactancia deben tener cuidado con los pescados que contienen altos niveles de mercurio**, como el tiburón, el pez espada, el caballa, filetes de atún y el lofolátilo.

Algunos pescados tienen menos mercurio que otros. Entre las buenas alternativas hay:

- Atún claro enlatado "light"
- Bagre
- Platija
- Pollock (imitación jaiba)
- Bacalao
- Camarón
- Salmón
- Trucha

El atún enlatado tipo "albacore" tiene más mercurio que el atún tipo "light". Las mujeres deben limitar el consumo de atún tipo "albacore" a una lata de 6 onzas a la semana. Los niños pueden comer de 1 a 5 onzas a la semana, dependiendo de su peso: 1 onza (1 cucharada) por cada 25 libras de peso del niño. Si opta por comer atún tipo "albacore", no debe comer ningún otro pescado en esa semana.

Para mas información sobre avisos locales relacionados con el pescado y consejos sobre lo más saludable en pescado para consumo, llame al 1-877-485-7316 o visite nuestra página web: www.doh.wa.gov/fish.

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