



Eat Fish.

Be Smart. Choose Wisely.

Seafood is good for your heart and brain. It's low in fat, high in protein, and rich in nutrients and omega-3s.

This guide will help you get the health benefits of fish while protecting you from contaminants found in fish. Babies and children are most at-risk.



◀ Look for this symbol.

Do you fish in Washington State?

There is a statewide advisory due to mercury.



- Do not eat northern pikeminnow.
- Limit largemouth and smallmouth bass to two meals per month.

Check for local fish advisories at:
www.doh.wa.gov/fish

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For more information visit:

www.doh.wa.gov/fish

or call TOLL FREE: 1-877-485-7316

What you can do to reduce toxic chemicals:

www.ecy.wa.gov/toxics

Available in other formats for persons with disabilities
1-800-525-0127 (TDD/TTY call 711).

DOH 334-096 June 2013

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HEALTHY FISH GUIDE

Fishing for the safest seafood?



Are you pregnant, planning to become pregnant, nursing, or feeding children?

Use this guide to make healthy choices for you and your family.

**SAFE TO EAT
2-3 MEALS
PER WEEK**



OR

**SAFE TO EAT
1 MEAL
PER WEEK**



**AVOID
DUE TO MERCURY**



Follow this advice to reduce your exposure to mercury, PCBs, and other toxic chemicals:

Women who are or may become **PREGNANT, NURSING MOTHERS,** and **CHILDREN** should **NOT** eat:

- ♥ Anchovies
- ♥ Black sea bass
- Butterfish
- Catfish
- Clams
- Cod (US Pacific) (US Atlantic)
- Crab (Blue, King, Snow) (US, CAN) (imported King)
- Crab – Imitation
- Crayfish (imported farmed)
- Flounder/Sole
- ♥ Herring
- ♥ Mackerel (canned)
- ♥ Oysters
- Pollock/Fish sticks

- ♥ Salmon (fresh, canned)
- ♥ Chinook (King) (coastal, Alaska)
- ♥ Chum (Dog, Keta)
- ♥ Coho (Silver)
- ♥ Farmed*
- ♥ Pink (Humpy)
- ♥ Sockeye (Red)
- ♥ Sardines (US Pacific) (US Atlantic)
- Scallops
- Shrimp/Prawns (US, Canada) (imported)
- Squid/Calamari (Mitre, Indian spp)
- Tilapia
- ♥ Trout
- Tuna (canned light) (troll/pole) (imported longline, purse seine)

- Chilean sea bass (Chile) (Crozet, Prince Edward & Marion Islands)
- ♥ Chinook salmon (Puget Sound)
- Croaker (white, Pacific)
- Halibut (Pacific) (Atlantic)
- Lobster (US, Canada) (imported Spiny Caribbean)
- Mahi mahi (imported longline)

- Monkfish
- Rockfish/Red snapper (trawl-caught)
- ♥ Sablefish/Black cod
- ♥ Tuna, Albacore (fresh, canned white) (WA, OR, CA troll/pole) (imported longline)
- Tuna, Yellowfin (imported longline)



What is a meal?

A serving/meal is about the size and thickness of your hand, or 1 oz. uncooked fish for every 20 lbs. of body weight.

160 lb. Adult = 8 oz. / 80 lb. Child = 4 oz.

- Mackerel (King)
- Marlin (imported)
- Shark
- Swordfish (imported)
- Tilefish (Gulf of Mexico, South Atlantic)

- Tuna Steak
- Bluefin
- Bigeye (imported longline)

- ♥ Highest in healthy omega-3 fatty acids
- ORANGE TEXT:** Overfished, farmed, or caught using methods harmful to marine life and/or environment
- * Farmed salmon information: www.doh.wa.gov/fish/farmedsalmon
- Seafood not listed? Call 1-877-485-7316