

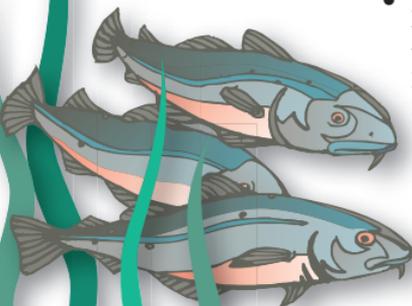
Safety Tips About Fish



Fish has protein and healthy fats, but some fish contain harmful chemicals like mercury. Growing children, pregnant and breastfeeding women, and women who could become pregnant may need to limit how much fish they eat.

- Never eat shark, swordfish, tilefish or king mackerel. These fish are highest in mercury.
- Eat a variety of fish such as salmon, pollock, shrimp, trout, catfish, small walleye and small Northern pike.
- Limit amounts eaten each week. See other side.
- Eat only the fillet (flesh/meat) of the fish.
- Broil, grill, bake or steam fish. Throw away the drippings or juice.
- Choose chunk light canned tuna. It has less mercury than white or albacore canned tuna or tuna steaks.
- Avoid raw fish like sushi as it has harmful germs that can make you sick.
- If you catch fish, follow the health and fishing advisories in your area.

For more information, contact your local public health department or visit www.ndhealth.gov/WQ.



How Much Fish or Shellfish Can You Safely Eat Each Week?

SOURCE OF FISH OR SHELLFISH	
From store or restaurant	<p>Caught by family, friends or yourself in:</p> <ul style="list-style-type: none"> • Fresh water like lakes, reservoirs, rivers and streams. • Coastal waters such as an ocean or bay.
PREGNANT, BREASTFEEDING AND DELIVERED WOMEN (Choose only one per week.)	
<p>12 ounces*</p> <p>-OR-</p> <p>2 five-ounce cans of chunk light tuna</p> <p>-OR-</p> <p>6 ounces* and 1 five-ounce can of chunk light tuna</p>	<p>Follow local health and fishing advisories. If no advice is available, and no other fish is eaten:</p> <p>Women may have 6 ounces*</p>
CHILDREN YOUNGER THAN 6 YEARS OLD (Choose only one per week.)	
<p>4 ounces*</p> <p>-OR-</p> <p>4 ounces of canned chunk light tuna</p> <p>-OR-</p> <p>6 fish sticks (or 6 ounces)</p>	<p>Follow local health and fishing advisories. If no advice is available, and no other fish is eaten:</p> <p>Children may have 1 ounce*</p>

*weight after cooking

Adapted from the California WIC Program



WIC Because
You Care

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