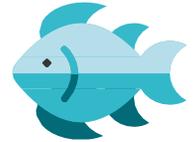


Safe Fish to Eat During Pregnancy

Can I eat fish safely during pregnancy?

Yes, by following the guidelines on this handout you can safely eat fish.



Fish is a great source of...

| Nutrients | Protein | DHA |
|---|---|---|
| <ul style="list-style-type: none"> • Cod has iodine (healthy brain development) • Salmon has calcium (helps babies grow bones and teeth) and vitamin A (eye development) • Halibut and sardines have selenium (antioxidant that keeps cells healthy) • Tuna and trout have vitamin B1 (helps turn carbohydrates into energy for brain function) | <ul style="list-style-type: none"> • Helps baby grow its tissue. • Helps mom grow uterine and breast tissue • Increased needs during pregnancy | <p>An omega-3 fat that supports the development of baby's brain, eyes and nervous system!</p> |

How can I eat fish safely during pregnancy?

1. Control serving size

Fish can have mercury in it, which can hurt your baby. For the safety of your baby eat fish low in mercury and control your serving size.

- 4 ounces is 1 serving (the size of a palm or deck of cards, see figure 1).
- Each week you may choose to have:
 - 2-3 servings from Group A (page 2)
 - or**
 - 1 serving from Group B per week (page 2)
- **Avoid** the fish in Group C (page 3)

Figure 1



2. Avoid uncooked fish

Uncooked fish often carries diseases. Use these tips to properly cook fish and shellfish to ensure safety for you and baby:

- Cook seafood to an internal temperature of 145 degrees Fahrenheit
- Fish is done when it separates into flakes.
- Shrimp and lobster are done when flesh is pearly and solid
- Cook clams, mussels and oysters until the shells open. Discard any unopened.

3. Watch local advisories

It is important to pay attention to local fish advisories. This will alert you about the potential for mercury contamination.

- If there is a local advisory, do not eat the fish.
- If a local advisory is unavailable, limit your consumption to 4 ounces a week

If you are unsure about the fish, it is always safest to avoid it. Consult your dietitian for advice.

Fish servings list:

Group A:

(2-3 servings per week)

- Anchovy
- Atlantic croaker
- Atlantic mackerel
- Black sea bass
- Butterfish
- Catfish
- Clam
- Cod
- Crab
- Crawfish
- Flounder
- Haddock
- Hake
- Herring

Group B:

(1 serving per week)

- Bluefish
- Buffalofish
- Carp
- Chilean sea bass/Patagonian toothfish
- Grouper
- Halibut
- Mahi Mahi/dolphin fish
- Monkfish
- Rockfish
- Sablefish
- Sheepshead
- Snapper
- Striped bass (ocean)

Group A:

(2-3 servings per week)

- Lobster (American and spiny)
- Mullet
- Oyster
- Pacific Chub/mackerel
- Perch (freshwater and ocean)
- Pickerel
- Plaice
- Pollock
- Salmon
- Sardine
- Scallop
- Shad
- Shrimp
- Skate
- Smelt
- Sole
- Squid
- Tilapia
- Trout (freshwater)
- Tuna (canned light)
- Whitefish
- Whiting

Group B:

(1 serving per week)

- Tilefish (Atlantic Ocean)
- Tuna-albacore/white tuna (canned and fresh/frozen)
- Tuna-yellowfin
- Weakfish/seatrout
- White croaker/Pacific croaker

Group C:

These have high mercury levels and are safest to avoid:

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)
- Tuna (bigeye)

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