

# Fish: How to Eat it Safely (during pregnancy)

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## What is a Serving of Fish?

- For an adult, one serving is 8 ounces of cooked fish or the size of an adult's hand
- For a child, one serving is 2-4 ounces of cooked fish or the size of the palm of an adult's hand

## What does Eat 8! Mean?

The "Eat 8" is a system developed by the Michigan Department of Community Health to help you choose fish lower in mercury and higher in heart-healthy omega-3 fatty acids. It's safe for everyone to use, even pregnant women and children. "Eat 8" is based on eating no more than "8 points" total of fish each month. Fish higher in Mercury levels are given higher "points" in the chart below.

## How Do I Use Eat 8?

1. Look at the chart below and find the fish you plan to eat. The lower the points, the lower the amount of mercury in the fish.
2. Estimate how many servings you are going to eat. See above for serving information.
3. Add up the points. For example, one dinner, you can have 16 ounces of salmon (2 servings) for 2 points. The next week, you can have 8 ounces (one serving) of halibut for 4 points. That's a total of 6 points, so far, for the month.

4. Eat no more than 8 points total of fish each month to be sure you are not getting too much mercury in your body.

<p><b>1</b> point per serving</p>	<table border="0"> <tr> <td>Anchovies*</td> <td>Mullet</td> <td>Scallops</td> </tr> <tr> <td>Catfish (farm-raised)</td> <td>Oysters*</td> <td>Shrimp</td> </tr> <tr> <td>Crab</td> <td>Perch (ocean or freshwater)</td> <td>Squid*</td> </tr> <tr> <td>Crawfish</td> <td>Pollock</td> <td>Tilapia</td> </tr> <tr> <td>Flatfish (flounder, sole)</td> <td>Salmon* (canned, frozen, fresh)</td> <td>Trout* (freshwater)</td> </tr> <tr> <td>Herring*</td> <td>Sardines*</td> <td>Whitefish*</td> </tr> </table>	Anchovies*	Mullet	Scallops	Catfish (farm-raised)	Oysters*	Shrimp	Crab	Perch (ocean or freshwater)	Squid*	Crawfish	Pollock	Tilapia	Flatfish (flounder, sole)	Salmon* (canned, frozen, fresh)	Trout* (freshwater)	Herring*	Sardines*	Whitefish*
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Michigan Department of Community Health, <http://www.michigan.gov/eatsafefish>

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