



# 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](http://www.doh.wa.gov/fish)

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For more information visit:

[www.doh.wa.gov/fish](http://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](http://www.ecy.wa.gov/toxics)

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

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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](http://www.doh.wa.gov/fish/farmedsalmon)  
Seafood not listed? Call 1-877-485-7316