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.

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

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 711). DOH 334-096 March 2017

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

Use this guide to make healthy choices for you and your family.
Follow this advice to reduce your exposure to mercury, PCBs, and other toxic chemicals:

**Safe to Eat: 2-3 Meals Per Week**
- Anchovies
- Black sea bass
- Butterfish
- Catfish
- Clams
- Cod (US Pacific, US Atlantic)
- Crab (Blue, King, Snow, US, CAN, imported)
- Crayfish (imported farmed)
- Flounder/Sole
- Herring
- Mackerel (canned)
- Oysters
- Pollock/Fish sticks

**Safe to Eat: 1 Meal Per Week**
- Chinook (King, coastal, Alaska)
- Coho (Dog, Keta, 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)

**Healthy Choice: 2-3 Meals A Week**
- 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)
- Tuna, Yellowfin (imported longline)

**Avoid Due to Mercury**
- Mackerel (King)
- Marlin (imported)
- Tilefish (Gulf of Mexico, South Atlantic)
- Tuna Steak
- Bluefin
- Bigeye

**Women who are or may become pregnant, nursing mothers, and children should NOT eat:**
- Orange roughy
- Shark
- Swordfish (imported)

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.


♥ 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