

Safe Fish for You and your family

Fish and shellfish can be part of a healthy diet.



Fish have protein, and some have heart-healthy omega-3 fats.

Omega-3s are good for healthy brain development in babies and children.



Breastfed babies can get omega-3s from breastmilk.



Some fish have mercury in them. Too much mercury is bad for your health.

Women who *are* or *may become* pregnant, breastfeeding moms and young children should eat fish that are low in mercury.

Find fish low in mercury on the back!





Choose *one* of the following options each week.

These fish are lower in mercury. You can eat up to 2 MI Servings a week of fish from this list.

**Eat These
2 Times
per Week**

- | | |
|-----------|------------|
| Salmon*+ | Tilapia |
| Shrimp | Perch* |
| Pollack | Anchovies+ |
| Sardines+ | Crab |



These fish have more mercury. You can eat up to 1 MI Serving a week of fish from this list.

**Eat These
1 Time
per Week**

- | | |
|---------|---------------------|
| Cod | Mahi Mahi |
| Snapper | Tuna (canned light) |

Do NOT Eat

- | | |
|----------|---------------|
| Shark | Swordfish |
| Tilefish | King Mackerel |

*If you eat fish from Michigan lakes or rivers, use the Michigan Department of Community Health's *Eat Safe Fish Guide*.

+High in heart-healthy omega-3s.

What is a MI Serving?

For adults: One *MI Serving* is 6-8 ounces of fish (about the size of an adult's hand).

For children: One *MI Serving* is 2-4 ounces of fish (about the size of an adult's palm).



For more information or to get an *Eat Safe Fish Guide*, visit www.michigan.gov/eatsafefish, or call 1-800-648-6942.

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