

What about canned tuna?

There are different types of canned tuna. Read the label and choose “light” tuna because it is low in mercury. Choose “white” or Albacore tuna less often.

What about salmon?

Salmon is a fish that provides a lot of omega-3 fats and is low in mercury. However, there are some concerns:

- low levels of other pollutants, such as PCBs, found in the fat of farmed salmon
- transfer of disease and parasites from farmed to local wild salmon
- pollution and waste from salmon farms
- stress on fish stocks used to feed farmed salmon

Wild salmon is lower in PCBs and has fewer ecological concerns than farmed salmon. Most canned salmon is wild. To lower the amount of pollutants in salmon, remove the fat and skin before cooking. Grill, broil or barbecue your fish so that the extra fat can drip off.

What about raw fish?

Health Canada recommends that pregnant women avoid eating raw fish and raw shellfish. They may carry bacteria that can cause serious illness.

I am pregnant and I don't eat fish. Should I take an omega-3 fish oil supplement?

It is not known how much you would need to take to help the development of the fetus. If you choose to take supplements, read the label carefully. Look for those that say they have been tested for contaminants. You may also look for omega-3 supplements that are made from marine plant sources. Fish liver oil contains high levels of Vitamin A which may cause birth defects.

Can I eat sport fish?

Sport fish are fish caught in local lakes and rivers. Some of these fish may not be safe to eat. If you eat sport fish, check the *Guide to Eating Ontario Sport Fish* at www.ene.gov.on.ca/envision/guide/index.htm or phone 1-800-820-2716 to get a free copy.

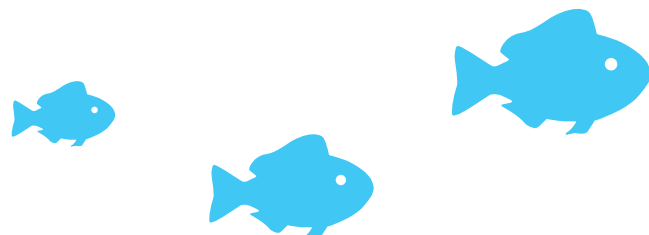
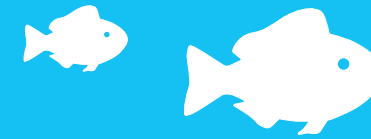
What about the environmental impact of eating fish?

Toronto Public Health supports food production that is sustainable. Poor fisheries management can result in habitat damage, threats to other aquatic life and overfishing. For more information on making the best environmental fish choices refer to www.seachoice.org.

Health Canada recommends eating at least two Canada's Food Guide Servings of fish each week that are high in omega-3 fats and low in mercury. See *Eating Well with Canada's Food Guide* at www.healthcanada.gc.ca/foodguide.



A Guide To Eating Fish For Women, Children and Families



Is fish good for me?

Yes. It is an excellent source of protein and many other nutrients. Fish contains the omega-3 fats DHA and EPA.

DHA helps the brain, eyes and nerves of the fetus and child develop. Pregnant or breastfeeding women, or women who could become pregnant, should eat fish to get DHA. EPA is an omega-3 fat that helps prevent heart disease.

Are there risks to eating fish?

Yes. Fish may contain mercury. Large fish that live a long time and eat other fish contain the most mercury, which builds up in the tissue of the fish. When we eat these fish, the mercury builds up in our bodies.

If you are pregnant or breastfeeding, or could become pregnant, you should avoid or rarely eat fish that are high in mercury. The fetus and infants exposed to high levels of mercury may have problems with learning, walking and talking.



Can I safely eat fish?

If you are pregnant or breastfeeding, or could become pregnant, you can still enjoy the benefits of eating fish if you choose carefully and **eat a variety of fish**. You can also give fish to your children as long as you avoid or rarely feed them fish high in mercury. Use this guide to help choose fish for you and your family.

One Canada's Food Guide Serving is 75 grams or 2.5 ounces or about half a cup.

Eat a Variety of Fish

For more fish information please visit: www.toronto.ca/health

* = A serving size may not be the same size as the portion you eat in a meal. One Canada's Food Guide Serving is 75 grams or 2.5 ounces or about half a cup.

♥ = High omega-3 fats (Good for your heart)

⚠ = Fish that may be caught or farmed in a way that is harmful to the environment (www.seachoice.org)

Safe to Eat Every Day (Very Low Mercury)

- 1 serving* a **day** for children
- 2 servings* a **day** for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- Unlimited servings* for men, teenage boys and women 50+

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| Basa | Pollock |
| Capelin | ♥ Salmon, Canned |
| Kamaboko (Fish Cake, Processed White Fish) | ♥ Salmon (Chum, Coho, Pink, Wild Pacific) |
| Milkfish | Sea Urchin |
| Octopus | Silver Pomfret |
| Oysters | Tilapia |

Safe to Eat Often (Low Mercury)

- 2 servings* a **week** for children
- 4 servings* a **week** for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- Unlimited servings* for men, teenage boys and women 50+

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| ♥ Anchovies (Fresh/Frozen) | ♥ Sardines |
| ♥ Arctic Char | Sea Cucumber |
| ♥ Atlantic Mackerel | Shiner |
| Clams | Smelt (Atlantic, Lake) |
| Grass Carp | Sole (Dover, Petrale) |
| ♥ Herring | Squid |
| Mussels (Blue) | ♥ Trout (Rainbow) |
| Porgie | Tuna, Canned Light (Skipjack, Tongol, Yellowfin) |
| ♥ Salmon (Chinook, Sockeye, Steelhead) | |

⚠ Eco Unfriendly

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| Atlantic Cod | ♥ Salmon (Atlantic, Farmed) |
| Flounder | Scallops |
| Haddock | Shrimp/Prawns |

Safe to Eat Sometimes (Medium Mercury)

- 1-2 servings* a **month** for children
- 2-4 servings* a **month** for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- 4 servings* a **week** for men, teenage boys and women 50+

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| Black Pomfret | Redfish |
| Catfish | Sablefish (Black Cod) |
| Halibut | Skate |
| Jackfish | Snapper (Various Species) |
| ♥ Kingfish (King Mackerel, Spanish Mackerel) | ♥ Trout (Lake, Various Species) |
| Lake Whitefish | Tuna steak (Skipjack, Southern Yellowfin) |
| Mahi Mahi (Dolphin Fish) | Tuna, Canned White (Albacore) |
| Perch | Whiting |

⚠ Eco Unfriendly

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| Atlantic Halibut | Grouper |
| Bluefin Tuna Steak | Red Snapper |

Avoid or Eat Rarely (High Mercury)

- Less than 1 serving* a **month** for children
- Less than 1 serving* a **month** for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- No more than 1 serving* a **week** for men, teenage boys and women 50+

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| Barracuda | Tilefish |
| ⊖ Buffalo | Tuna steak (Various Species, Bigeye) |
| ♥ Escolar (Snake Mackerel) | Marlin |
| ⊖ Pickerel (Pike, Sauger, Walleye, Yellow Pickerel, Zander) | ⊖ = Not high in mercury but high in PCBs |

⚠ Eco Unfriendly

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| Orange Roughy | Shark |
| Sea Bass | Swordfish |