

An Expectant Mother's Guide to Eating Fish in Oregon





















Where can I learn more about the safety of fish caught in Oregon lakes and rivers?
 Oregon Department of Human Services Call 971-673-0425
 or visit www.healthoregon.org/fishadv

What are tips to remember when eating fish?

- Fish are a valuable low-fat food source and fish oils are vital for the health of unborn or breast-fed babies.
- However, fish may contain toxins, like PCBs and mercury, that could harm you or your family
- Mercury is one of these toxins, that can damage a brain that is just starting to form and grow. That's why young children, unborn and breast-fed babies are most at risk.
- Use the following chart to select fish lower in mercury from Oregon waters. Then, trim skin and fat to reduce PCBs that build up in fish fat.

What kinds and how much fish should I eat?

Safe eating guidelines for women who are pregnant, planning to be pregnant, or are breastfeeding and for children under age 6.

Sport caught: Fish you catch	Commercial: Fish you buy
 CRAPPIE - BLACK & WHITE  SALMON & STEELHEAD	Fish LOW in Mercury Women of childbearing age: Eat up to two 6 oz. meals per week Children: Eat up to two 4 oz. meals per week  SHELLFISH (SHRIMP, CLAMS, OYSTERS)  SALMON (FARM RAISED)  SOLE, FLOUNDER  COD, HADDOCK, OCEAN PERCH
 WALLEYE  CARP  CATFISH  STURGEON	Fish MEDIUM in Mercury Women of childbearing age: Eat no more than one 6 oz. meal per week Children: Eat no more than one 4 oz. meal per week  LIGHT CANNED TUNA  MAHI MAHI  HALIBUT
 BASS, LARGEMOUTH & SPALLMOUTH  BROWN TROUT	Fish HIGH in Mercury Women of childbearing age: Avoid or eat no more than one 6 oz. meal per month Children: Avoid or eat no more than one 4 oz. meal per month  WHITE CANNED TUNA  SHARK DO NOT EAT  SWORDFISH DO NOT EAT

These are general guidelines based on mercury levels measured in fish throughout Oregon and levels of mercury found in commercial fish. Special meal advice is available for eating fish from lakes and rivers that have been tested. See back of brochure.

*Harvest in areas without toxin alerts.

