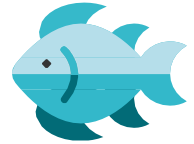


# Safe Fish to Eat During Pregnancy

## Can I eat fish safely during pregnancy?

Yes, by following the guidelines on this handout you can safely eat fish.



## Fish is a great source of...

### Nutrients

- Cod has iodine (healthy brain development)
- Salmon has calcium (helps babies grow bones and teeth) and vitamin A (eye development)
- Halibut and sardines have selenium (antioxidant that keeps cells healthy)
- Tuna and trout have vitamin B1 (helps turn carbohydrates into energy for brain function)

### Protein

- Helps baby grow its tissue.
- Helps mom grow uterine and breast tissue
- Increased needs during pregnancy

### DHA

An omega-3 fat that supports the development of baby's brain, eyes and nervous system!

## How can I eat fish safely during pregnancy?

### 1. Control serving size

Fish can have mercury in it, which can hurt your baby. For the safety of your baby eat fish low in mercury and control your serving size.

- 4 ounces is 1 serving (the size of a palm or deck of cards, see figure 1).
- Each week you may choose to have:
  - 2-3 servings from list A (page 2)
  - OR**
  - 1 serving from list B per week (page 2)
- **Avoid** the fish on list C

Figure 1



## 2. Avoid uncooked fish

Uncooked fish often carries diseases. Use these tips to properly cook fish and shellfish to ensure safety for you and baby:

- Cook seafood to an internal temperature of 145 degrees Fahrenheit
- Fish is done when it separates into flakes.
- Shrimp and lobster are done when flesh is pearly and solid
- Cook clams, mussels and oysters until the shells open. Discard any unopened.

## 3. Watch local advisories

It is important to pay attention to local fish advisories. This will alert you about the potential for mercury contamination.

- If there is a local advisory, do not eat the fish.
- If a local advisory is unavailable, limit your consumption to 4 ounces a week

**If you are unsure about the fish, it is always safest to avoid it. Consult your dietitian for advice.**

## Fish servings list:

### Group A:

(2-3 servings per week)

- Anchovy
- Atlantic croaker
- Atlantic mackerel
- Black sea bass
- Butterfish
- Catfish
- Clam
- Cod
- Crab
- Crawfish
- Flounder
- Haddock
- Hake
- Herring

### Group B:

(1 serving per week)

- Bluefish
- Buffalofish
- Carp
- Chilean sea bass/Patagonian toothfish
- Grouper
- Halibut
- Mahi Mahi/dolphin fish
- Monkfish
- Rockfish
- Sablefish
- Sheepshead
- Snapper
- Striped bass (ocean)

- Lobster (American and spiny)
- Mullet
- Oyster
- Pacific Chub/mackerel
- Perch (freshwater and ocean)
- Pickerel
- Plaice
- Pollock
- Salmon
- Sardine
- Scallop
- Shad
- Shrimp
- Skate
- Smelt
- Sole
- Squid
- Tilapia
- Trout (freshwater)
- Tuna (canned light)
- Whitefish
- Whiting
- Tilefish (Atlantic Ocean)
- Tuna-albacore/white tuna (canned and fresh/frozen)
- Tuna-yellowfin
- Weakfish/seatrout
- White croaker/Pacific croaker

**Group C:**

These have high mercury levels and are safest to avoid:

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)
- Tuna (bigeye)

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