

Choose health, low mercury fish



PUT FISH ON YOUR PLATE

Not all fish are equal. **Know what types of fish are best for you and how often you can eat them.** Benefits of eating fish outweigh risks if you choose to eat fish low in mercury. Mercury can affect memory, thinking, attention, and success in school for children.



Fish laab



Fish curry



Steamed catfish



Tilapia

Healthy Tips

- Mercury cannot be removed by cleaning, cooking, or freezing fish.
- Eat smaller fish. Give larger walleyes, northerns, and white bass to women who are not pregnant or planning to become pregnant and men.
- How clean a lake looks or how a fish smells is not a sign of how safe the fish is to eat.

Women who are or may become pregnant **and children**
under 15 years old –

Choose Your Fish!

EVERY WEEK: EAT 2 TIMES*
Very low mercury

FROM STORES & RESTAURANTS

- Catfish (farm-raised)
- Pompano
- Riverbarb
- Salmon (Atlantic and Pacific)
- Shellfish (such as shrimp and crab)
- Smelt
- Tilapia
- Fish sticks and sandwiches

OR

EVERY WEEK: EAT 1 TIME*
Low mercury

FROM STORES & RESTAURANTS

- Canned light tuna

FROM MINNESOTA LAKES & RIVERS

- Crappie
- Stream trout
- Sunfish
- Yellow perch



AND

if you choose

EVERY MONTH: EAT 1 TIME*
Medium mercury

FROM STORES & RESTAURANTS

- Canned white (albacore) tuna
- Tuna (fillet and steak)

FROM MINNESOTA LAKES & RIVERS

- Bass
- Catfish
- Northern pike
- Walleye
- White bass



FROM DEVIL'S LAKE (North Dakota)

- Walleye
- White bass



***1 Time = 1 Serving**

Serving size increases or decreases depending on a person's size. A serving is 3 ounces of cooked fish for a 75 pound person (3 ounces is about the size of a deck of cards). A serving is 5 ounces cooked fish for a 120 pound person. You can eat fish more often if the amount of fish you eat is smaller than your serving size.