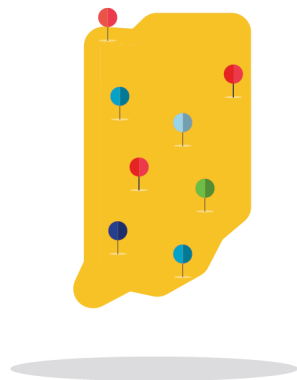


Safe fish for your family



Most fish are healthy to eat and can be a part of a healthy diet for everyone in your family, but some fish may contain chemicals that can be harmful to your health.

Add fish to your dish



Choose smaller, younger fish with fewer contaminants

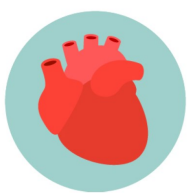
Check the Indiana fish consumption guidelines for local fishing advice

Before cooking, cut off the skin and remove any fat

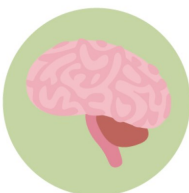
Cook until flaky, opaque, and 145 °F

A standard adult portion size is around six ounces cooked

Eating fish can...



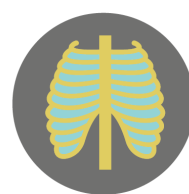
- Help you maintain heart health by lowering blood pressure and reducing the risk of sudden death, heart attack, abnormal heart rhythm, and stroke



- Aid in healthy brain function and may decrease the risk of depression, ADHD, and Alzheimer's disease



- Support fetal development of vision and nerves during pregnancy



- Promote bone health and reduce the risk of arthritis

Tips for choosing store-bought fish

- Buy fish that is refrigerated or displayed on ice
- Smell should be fresh and mild, not fishy or sour
- Eyes should be shiny and clear
- Whole fish should have firm flesh and red gills with no odor
- Fresh fillets should have firm and red bloodlines, or red flesh if fresh tuna
- Flesh should spring back when pressed
- Fish fillets should display no discoloration, darkening, or drying around the edges

