

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.

Fish are good for you!

Fish are a great source of omega-3 fatty acids, calcium, and minerals. They can also be a good source of low-fat protein.

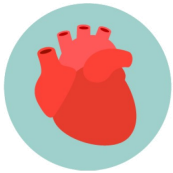
Eating fish can...

Maintain heart health

Aid in healthy brain function

Support fetal development

Promote bone health



Make healthy choices

Chemicals that may be found in fish such as mercury and PCBs can build up in your body over time and may cause health effects that can range from small changes in health to birth defects and even cancer.

You can reduce your exposure to the chemicals by choosing to eat safe, healthy fish.

Best choices

Unrestricted consumption

Anchovy	Salmon, fresh/frozen
Atlantic mackerel	Sardine
Catfish, farmed	Scallop
Clam	Shad
Crawfish	Shrimp
Mullet	Squid
Oyster	Tilapia
Pollock	Whiting

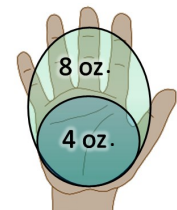
Great choices

One meal per week



Atlantic croaker	Herring	Sheepshead
Black sea bass	Lobster	Skate
Buffalo fish	Mahi mahi/dolphin fish	Smelt
Butterfish	Monkfish	Snapper
Carp, farmed	Pacific chub mackerel	Striped bass
Cod	Perch, freshwater	Tilefish
Crab	Perch, ocean	Trout, freshwater
Flatfish	Pickrel	Tuna, light, canned
Haddock		Whitefish
Hake		

A **standard portion size** is about the size and thickness of your hand, or one ounce of uncooked fish for every 20 pounds of body weight.



Eight ounces of uncooked fish is one serving for a 160-pound person. Eight ounces of uncooked fish is approximately six ounces of cooked fish.

Choosing safe fish and avoiding fish with high levels of toxins can keep your family safe. While toxins such as mercury and PCBs can affect all consumers, the sensitive populations are more susceptible. This **population includes females under the age of 50 (excluding women who are no longer capable of becoming pregnant), males under age 15, and individuals with compromised immune systems.** The table above lists the “best choices” and “good choices” of store-bought fish to consume, based upon the guidelines specific to the sensitive population.



Please visit the Indiana Department of Health's Fish Consumption Guidelines webpage at <https://secure.in.gov/health/eph/fish-consumption-advisory/> to learn more about fish consumption specific to Indiana waters.

Enjoy an activity!

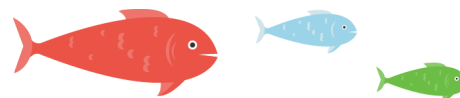
One day, Carl the Cat decided to go **fishing**.

He caught all kinds of fish and even decided to keep some for dinner later that night. Carl loves to eat fish because they taste good and are also **healthy**. Fish are a great source of omega-3 **fatty acids**, **calcium** and **minerals**. They can also be a good source of low-fat **protein**. Fish are **brain food** that also keep your **heart** healthy.

Some fish contain harmful **chemicals**, so Carl made sure to follow the **advice** on the fish consumption webpage to make sure he was only eating safe fish.

Carl decided to invite his friends over to dinner because he caught so many safe, healthy fish!

Can you find all the words in **bold** from Carl the Cat's story?



Word box

Fishing	Minerals
Healthy	Calcium
Heart	Fatty Acids
Brain Food	Chemicals
Protein	Advice

V K T X K S H R V E J D O M F
B M U K R B A D N G O O A T A
M I N E R A L S C G N O B D T
W U O U L C M H M M E F J O T
U C Z A R J E Z M T P N C H Y
W D G P B M F Z E J R I W G A
X O Y Z I I F D C E B A S J C
Z N O C S A S I J A N R E L I
S X A H Q M U U R I L B M H D
W L I Y H T L A E H D C X Z S
S N D L R Y N T R F F X I H L
G Z N O O K O E C I V D A U X
Z W C A Y R H G P Y R G M O M
X G L T P T A N N H R R W H W
B D H U V N K M N D S U T O V



Help Carl the Cat catch a fish!

