

Why should I eat fish?

Fish is a lean protein, low saturated fat food that acts as a major source of omega-3 fatty acids, vitamin D, selenium, and other vitamins and minerals. These vitamins, minerals, and other nutrients promote heart and brain health and can lower blood pressure, reducing the risk of a heart attack or stroke. Pregnant or nursing women may pass these nutrients to their babies, which can support healthy brain and eye development.



How much should I eat?

A serving size for an adult is six ounces cooked (eight ounces uncooked), or one ounce of uncooked fish for every 20 pounds of body weight.



Do not eat raw fish

Pregnant individuals, infants, and children should avoid eating raw oysters, raw fish (sushi), or refrigerated smoked fish.

Eating locally caught fish

Before eating the fish you catch, check the Indiana Department of Health's fish consumption guidelines for advice on locally caught fish.

For more information:

Indiana Fish Consumption Guidelines webpage:



<https://www.in.gov/health/eph/fish-consumption-advisory/>

Eating safe fish



Advice for pregnant or nursing individuals, individuals who may become pregnant, and children



Advice for eating store-bought fish

Best choice

Unrestricted consumption

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

Great choice

One meal per week

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

Good choice

One meal per month

- Bluefish
- Chilean sea bass
- Grouper
- Halibut
- Marlin
- Orange roughy
- Rockfish
- Sablefish
- Spanish mackerel
- Tuna, albacore/white, canned
- Tuna, albacore/white, fresh/frozen
- Tuna, bigeye
- Tuna, yellowfin
- Weakfish/seatrout
- White croaker/Pacific croaker

Avoid

One meal per two months

- King mackerel
- Shark
- Swordfish
- Tilefish, Gulf of Mexico

Warning: Excessive mercury can pass through the placenta or breast milk and harm your baby. Do not eat fish from this category.

