



Seafood Consumption During Pregnancy



Best Choices

EAT 2 TO 3 SERVINGS A WEEK

Anchovy	Herring	Scallop
Atlantic croaker	Lobster, American and spiny	Shad
Atlantic mackerel	Mullet	Shrimp
Black sea bass	Oyster	Skate
Butterfish	Pacific chub mackerel	Smelt
Catfish	Perch, freshwater and ocean	Sole
Clam	Pickering	Squid
Cod	Plaice	Tilapia
Crab	Pollock	Trout, freshwater
Crawfish	Salmon	Tuna, canned light (includes skipjack)
Flounder	Sardine	Whitefish
Haddock		Whiting
Hake		

OR

Good Choices

EAT 1 SERVING A WEEK

Bluefish	Monkfish	Tuna, albacore/white tuna, canned and fresh/frozen
Buffalofish	Rockfish	Tuna, yellowfin
Carp	Sablefish	Weakfish/seatrout
Chilean sea bass/Patagonian toothfish	Sheepshead	White croaker/Pacific croaker
Grouper	Snapper	
Halibut	Spanish mackerel	
Mahi mahi/dolphinfish	Striped bass (ocean)	
	Tilefish (Atlantic Ocean)	

Choices to Avoid

HIGHEST MERCURY LEVELS

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

* Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice

www.EPA.gov/fishadvice

