HEALTH BENEFITS
Eating a variety of fish is a great way to get the nutrients you, your baby and your children need, such as protein and omega-3 fatty acids. These nutrients are important for good health. There are plenty of options you can choose from such as salmon, pollock, and tilapia.

MERCURY IN FISH
Most fish and shellfish contain small amounts of mercury that is safe to eat. Large fish, such as marlin and shark, that live for a long time and eat other fish can contain higher mercury levels. Eating too much fish that are high in mercury can be harmful, especially for:

- Women who could become pregnant
- Pregnant and breastfeeding women
- Children
- A fetus and baby are the most sensitive to high levels of mercury, which may lead to problems with learning, walking and talking.

Use the information in this guide to choose a variety of fish that are low in mercury to get the most benefits and lower health risks.

RAW FISH
Pregnant women, children under five, adults over sixty, and people with a weakened immune system should not eat raw fish or shellfish, including refrigerated smoked fish, sashimi and sushi dishes. Raw or undercooked fish may contain bacteria or parasites that can lead to food poisoning and if you are pregnant, this can affect the baby.

SUSTAINABLE SEAFOOD
The seafood we eat and how we fish or farm matters. Support sustainable seafood choices to protect wild fish stocks and their homes.

Visit seachoice.org to learn about organizations that provide seafood recommendations for consumers and businesses in Canada. When possible, choose fish products with the Ocean Wise sustainable label.
### SAFE TO EAT EVERY DAY  LOW MERCURY LEVELS

**For children:**
Safe to eat once a day*

**For women and teenage girls:**
Safe to eat twice a day*

**For men, teenage boys and women 50+:**
Unlimited meals*

- Basa
- Crawfish
- Milkfish
- Octopus
- Pollock, Alaska ♥
- Salmon
  (Atlantic, Chum, Sockeye, Steelhead, Pink, canned) ♥
- Shiner
- Silver Pomfret
- Squid
- Tilapia

### SAFE TO EAT SOMETIMES  MEDIUM MERCURY LEVELS

**For children:**
Safe to eat 1 or 2 times a month*

**For women and teenage girls:**
Safe to eat once a week*

**For men, teenage boys and women 50+:**
Safe to eat 3 times a week*

- Anchovy ♥
- Arctic Char ♥
- Barracuda
- Bass (Striped) ♥
- Black Cod/Sablefish
- Buffalo
- Capelin ♥
- Catfish
- Clam

- Cod, Atlantic or Pacific
- Crab ♥
- Croaker
- Dolphin fish/Mahi Mahi /Dorado
- Eel
- Flounder/Sole
- Grass Carp
- Grouper
- Haddock
- Halibut, Pacific ♥
- Herring ♥
- Kamaboko
- Kingfish/King Mackerel
  /Spanish Mackerel ♥
- Lobster
- Mackerel, Atlantic ♥
- Perch
- Mussel
- Oyster ♥
- Pickerel/Walleye
- Pike/Jackfish
- Porgy/Bream
- Sailfish
- Salmon (Chinook) ♥
- Sardine ♥
- Scallop
- Sea Bass
- Sea urchin
- Shrimp/Prawn
- Skate
- Smelt ♥
- Snapper (Red)
- Sturgeon
- Trout (Lake, Rainbow) ♥
- Tuna
  (Albacore /White, yellowfin, light, skipjack) ♥
- Turbot
- Wahoo/Ono
- Whelk
- Whitefish, Lake ♥
- Whiting

### AVOID OR EAT RARELY  HIGH MERCURY LEVELS

**For children:**
Eat less than once a month

**For women and teenage girls:**
Eat less than once a month

**For men, teenage boys and women 50+:**
Eat less than once a week

- Bigeye Tuna
- Dogfish (Spiny)
- Escolar/Snake Mackerel
- Halibut, Atlantic
- Kingklip/Cusk-eel
- Marlin
- Orange Roughy
- Shark
- Swordfish
- Tile Fish
- Patagonian Toothfish
  /Chilean Sea Bass

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* = Fish is one of many protein foods in Canada’s Food Guide. According to Health Canada, protein foods should take up one quarter of your plate.

♥ = High omega-3 fatty-acids (Good for your heart)

“Children” = 12 years of age or under

Calculations for this guide are based on 75 grams of fish per meal, which is about a quarter of your plate.

*Includes people who are pregnant, breastfeeding, or who could become pregnant.