Moderation is Key

Even though fish and shellfish are part of a healthy diet, you should limit how much and how often you eat them.

Some fish and shellfish have high levels of chemicals that may harm the healthy development of a fetus or a



child under age 15. One of those chemicals is mercury.

Too much mercury may affect a child's behavior and lead to learning problems. Mercury in larger amounts can also harm older children and adults.

Before you enjoy eating fish from Idaho's lakes, rivers and streams, visit our website at www.healthy.idaho.gov or call 1-866-240-3553 for waterbody specific fish advisories

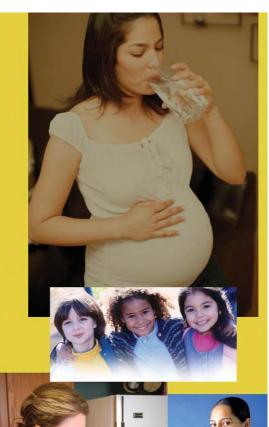


Resources

- Department of Health and Welfare 1-866-240-3553 toll-free www.healthandwelfare.idaho.gov bceh@dhw.idaho.gov
- Idaho Fish and Game 208-334-3700 fishandgame.idaho.gov
- U.S. Environmental Protection Agency www.epa.gov/mercury/ advisories.htm
- Agency for Toxic Substances and Disease Registry www.atsdr.cdc.gov/toxfaqs/tf.asp?id= 113&tid=24
- Pregnancy Info Net www.pregnancy-info.net/omega3.html



Safe Fish Eating Guidelines
for those: Pregnant
Planning to become pregnant
Nursing and
Children under age 15





Eating Fish is Healthy

Fish and shellfish contain high-quality protein and other essential nutrients.

Fish are low in unhealthy fat and contain omega-3 fatty acids. Omega 3 helps:

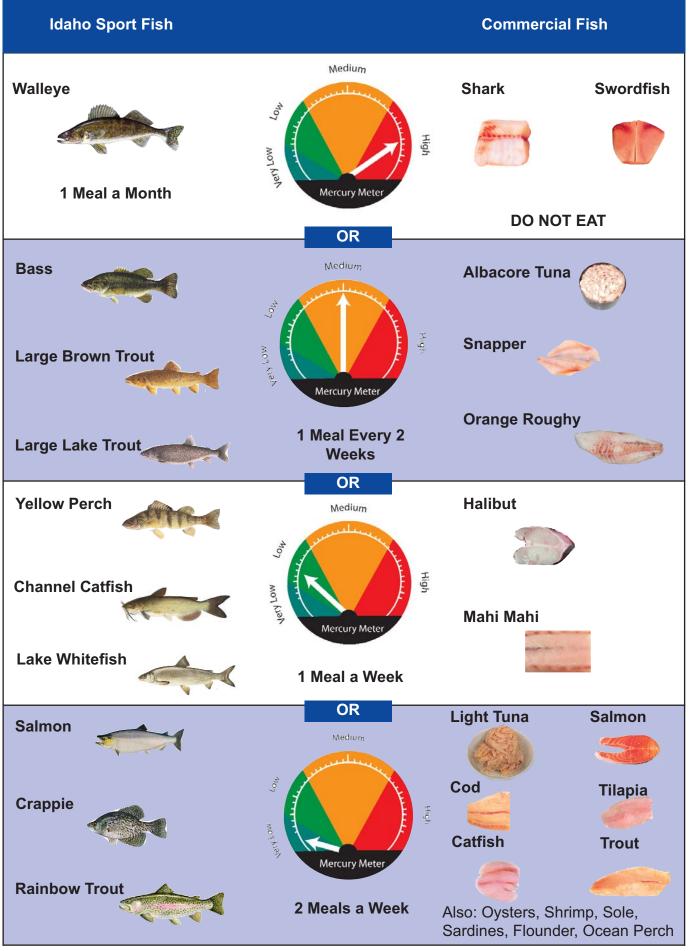
- develop the brain, eyes and nervous system of your baby
- reduce chances of high blood pressure
- reduce risk of postpartum depression
- minimize the chance of premature labor.

A well-balanced diet that includes a **variety** of fish and shellfish can contribute to a healthy heart.



What Kinds and How Much Fish Can I Eat?

Below are safe eating guidelines for women who are pregnant, planning to become pregnant, or are breastfeeding, and for children age 15 and under.



Remember The Following Tips

- 1. For all types of fish, eat the ones that are smaller.
- 2. Eat a variety of cooked fish and seafood.
- 3. Trim off skin and fat, especially belly fat. Also, eat fewer fatty fish.
- 4. Bake or broil fish on a rack so fat can drain
- 5. Follow the guidelines in this brochure to select safer types of fish to eat.

