

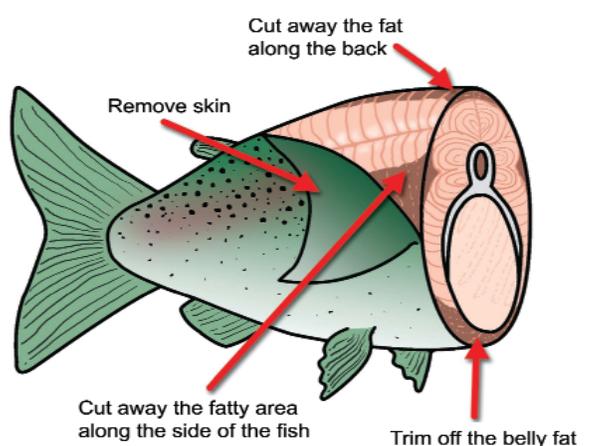
What Kinds and How Much Fish Can I Eat?

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

Idaho Sport Fish	Commercial Fish
<p>Walleye</p>  <p>1 Meal a Month</p>	<p>Shark  Swordfish </p> <p>DO NOT EAT</p>
OR	
<p>Bass </p> <p>Large Brown Trout </p> <p>Large Lake Trout </p>	<p>Albacore Tuna </p> <p>Snapper </p> <p>Orange Roughy </p>
OR	
<p>Yellow Perch </p> <p>Channel Catfish </p> <p>Lake Whitefish </p>	<p>Halibut </p> <p>Mahi Mahi </p>
OR	
<p>Salmon </p> <p>Crappie </p> <p>Rainbow Trout </p>	<p>Light Tuna </p> <p>Cod </p> <p>Catfish </p> <p>Salmon </p> <p>Tilapia </p> <p>Trout </p> <p>Also: Oysters, Shrimp, Sole, Sardines, Flounder, Ocean Perch</p>

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 off.
5. Follow the guidelines in this brochure to select safer types of fish to eat.





**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.



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, click on the maps below to check the health advisories

• North Idaho Fish Advisory:



• South Idaho Fish Advisory:



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
www.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/toxfaq.html
- Pregnancy Info Net
www.pregnancy-info.net/omega3.html



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HEALTH & WELFARE