

# ARE YOU PREGNANT?

**OR DO YOU PLAN TO BE IN THE NEXT 12 MONTHS?**

**OR DO YOU FEED YOUNG CHILDREN?**

Nearly all fish and shellfish contain some amount of mercury, which can harm fetuses and young children. Certain fish contain higher levels than others.

The U.S. Food and Drug Administration advises pregnant and nursing women, women who may become pregnant, and young children not to eat:

**SWORDFISH · SHARK · KING MACKEREL · TILEFISH**

They should also limit their consumption of other fish, including **fresh, frozen and canned white (albacore) tuna.**

**Fish and shellfish** can be an important source of nutrients. However, the Food and Drug Administration advises pregnant and nursing women, women who may become pregnant, and young children to limit their overall consumption of fish to no more than **12 ounces per week.**

To reduce mercury exposure, eat a variety of fish. Fish that tend to have **little or no mercury** include **salmon (fresh, frozen, or canned), catfish, flounder, shrimp, scallops, and tilapia.** Mercury levels in canned tuna vary. **Light tuna** has the least, 1/3 as much mercury as white (albacore) tuna.

For more information,  
call the FDA toll-free  
at **1-888-SAFEFOOD**  
(1-888-728-3366)