



# Eat Fish.

Be Smart. Choose Wisely.

Seafood is good for your heart and brain. It's low in fat, high in protein, and rich in nutrients and omega-3s.

This guide will help you get the health benefits of fish while protecting you from contaminants found in fish. Babies and children are most at-risk.



◀ Look for this symbol.

## Do you fish in Washington State?

There is a statewide advisory due to mercury.



- Do not eat northern pikeminnow.
- Limit largemouth and smallmouth bass to two meals per month.

Check for local fish advisories at:  
[www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)

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For more information visit:  
[www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)  
or call TOLL FREE: 1-877-485-7316

What you can do to reduce toxic chemicals:  
[www.ecy.wa.gov/toxics](http://www.ecy.wa.gov/toxics)

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).  
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HEALTHY FISH GUIDE

# Fishing for the safest seafood?



Are you pregnant, planning to become pregnant, or feeding children?

Use this guide to make healthy choices for you and your family.

SAFE TO EAT  
2-3 MEALS  
PER WEEK



OR

SAFE TO EAT  
1 MEAL  
PER WEEK



SHOULD NOT EAT  
DUE TO MERCURY



Follow this advice to reduce your exposure to mercury, PCBs, and other toxic chemicals:

- ♥ Anchovies
- ♥ Black sea bass
- Butterfish
- Catfish
- Clams
- Cod (US Pacific) (US Atlantic)
- Crab (Blue, King, Snow) (US, CAN) (imported King)
- Crab – Imitation
- Crayfish (imported farmed)
- Flounder/Sole
- ♥ Herring
- ♥ Mackerel (canned)
- ♥ Oysters
- Pollock/Fish sticks
- ♥ Salmon (fresh, canned)
- ♥ Chinook (King) (coastal, Alaska)
- ♥ Chum (Dog, Keta)
- ♥ Coho (Silver)
- ♥ Farmed\*
- ♥ Pink (Humpy)
- ♥ Sockeye (Red)
- ♥ Sardines (US Pacific) (US Atlantic)
- Scallops
- Shrimp/Prawns (US, Canada) (imported)
- Squid/Calamari (Mitre, Indian spp)
- Tilapia
- ♥ Trout
- Tuna (canned light) (troll/pole) (imported longline, purse seine)

- Chilean sea bass (Chile) (Crozet, Prince Edward & Marion Islands)
- ♥ Chinook salmon (Puget Sound)
- Croaker (white, Pacific)
- Halibut (Pacific) (Atlantic)
- Lobster (US, Canada) (imported Spiny Caribbean)
- Mahi mahi (imported longline)
- Monkfish
- Rockfish/Red snapper (trawl-caught)
- ♥ Sablefish/Black cod
- ♥ Tuna, Albacore (fresh, canned white) (WA, OR, CA troll/pole) (imported longline)
- Tuna, Yellowfin (imported longline)



#### What is a meal?

A meal is about the size and thickness of your hand, or 1 oz. uncooked fish for every 20 lbs. of body weight.

160 lb. Adult = 8 oz. / 80 lb. Child = 4 oz.

People who are or may become PREGNANT, PEOPLE FEEDING BABIES THEIR MILK, and CHILDREN should NOT eat:

- Mackerel (King)
- Marlin (imported)
- Orange roughy
- Shark
- Swordfish (imported)
- Tilefish (Gulf of Mexico, South Atlantic)
- Tuna Steak
- Bluefin
- Bigeye (imported longline)

♥ Highest in healthy omega-3 fatty acids

**ORANGE TEXT:** Overfished, farmed, or caught using methods harmful to marine life and/or environment

\* Farmed salmon information:

[www.doh.wa.gov/fish/farmedsalmon](http://www.doh.wa.gov/fish/farmedsalmon)

Seafood not listed? Call 1-877-485-7316