

Fish Consumption During Pregnancy and Breastfeeding

Pregnant and breastfeeding women should eat fish with high levels of omega 3 fatty acids & low levels of mercury (< 56 microgram/wk). The FDA has advised against eating shark, tilefish, swordfish, and king mackerel because of their high mercury levels (110-219 micrograms/4oz cooked).

<u>Fish 4oz cooked</u>	<u>mg omega 3 fatty acids</u>	<u>microgram of mercury</u>
Salmon, Atlantic, Coho	1200-2400	2
Freshwater Trout	1000-1100	11
Tuna White(Albacore)canned	1000	40
Crab	200-550	9
Tuna Skipjack & Yellowfin	150-350	31-49
Flounder	350	7
Clams	200-300	<1
Tuna Light canned	150-300	13
Catfish	100-250	7
Cod	200	14
Scallops Bay & Sea	200	8
Lobster American	200	47
Tilapia	150	2
Shrimp	10	<1