

# Choose Healthy Fish!

Advice for children and those who are or may become pregnant.

Fish provide key nutrients that support a child's brain development, but some fish contain harmful amounts of mercury. This chart can help you choose which fish to eat and how often to eat them based on your mercury levels.

## Best Choices

EAT 2 TO 3 SERVINGS A WEEK

Alaska pollock

Bluegill\* 

Channel catfish\* 

Cod

Copi\* 

Crappie\* 

Perch

Salmon

Sardines

Tilapia

Trout, freshwater

Tuna, canned light

## Good Choices

EAT 1 SERVING A WEEK

Mahi mahi/dolphinfish

Tuna, yellowfin

Tuna, albacore/white

## Choices to Avoid

HIGHEST MERCURY LEVELS

King mackerel

Swordfish

Marlin

Tilefish

Orange roughy

(Gulf of Mexico)

Shark

Tuna, bigeye

\*Information for these Illinois species is based on mercury data gathered in Illinois waters and does not consider other contaminants. If consuming locally caught fish, check for advisories using the QR code.

Information for all other fish is based on data gathered by the U.S. Food and Drug Administration.

