Eating Fish in Pregnancy

Eat fish to help your baby's eyes and brain grow.

Fish gives you and your baby omega-3 fats (healthy fats), protein, and vitamin D. Most fish and shellfish are safe to eat in pregnancy.

Choose fish at least 2 times each week





Cooked fish (fresh or frozen)



Canned fish ('light' tuna, salmon, or sardines)



Cooked shellfish (shrimp, clams, or mussels)

Ways to eat fish at meals or snacks



If you do not eat fish

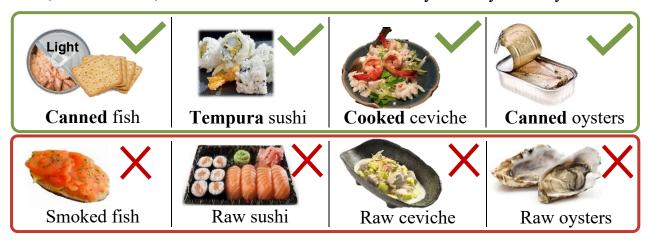
Ask your healthcare team about other ways to get omega-3 fats.





Choose cooked or canned fish

Raw, undercooked, and smoked fish can be unsafe for you and your baby.



Avoid high mercury fish

Mercury is a metal found in nature. Some fish have more mercury than others do. Too much mercury can harm your baby's brain.

Avoid these fish while you are pregnant



If you eat tuna, choose 'light' tuna





For information on fish caught in **Alberta lakes or rivers**, check <u>aephin.alberta.ca/ShouldIEatThisFish</u>





To learn more, visit the *Healthy Parents Healthy Children* website (healthyparentshealthychildren.ca)

If you have questions about fish, call 811. Ask to talk to a dietitian.

Eating Fish in Pregnancy Page 2 of 2 404273-NFS (Feb 2022) © 2022 Alberta Health Services, Nutrition Services

https://creativecommons.org/licenses/by-nc-nd/4.0

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.