

Government Seafood Advisory

Fish and shellfish can be an important part of a healthy diet. Nearly all fish and shellfish, however, contain some amount of mercury and related compounds. Thus, the Food and Drug Administration and the Environmental Protection Agency advise PREGNANT AND NURSING WOMEN, WOMEN WHO MAY BECOME PREGNANT, AND CHILDREN to limit their weekly consumption of fish and to avoid **SWORDFISH, SHARK, KING MACKEREL, and TILEFISH.**

Eat up to 12 ounces weekly of fish that are lower in mercury, such as salmon, pollock, shrimp and scallops. The FDA also advises that women of childbearing age and children limit consumption of albacore tuna and tuna steaks to 6oz or less per week.

Serve young children smaller portions of fish and shellfish.

For more information about mercury and other risks concerning seafood consult your doctor or the following websites: www.epa.gov/waterscience/fish/ and www.cfsan.fda.gov. Or call the FDA toll-free at 1-888-SAFEFOOD.

There is also a risk associated with consuming **raw** oysters, clams, and mussels. If you suffer from chronic illness of the liver, stomach, or blood, or have immune disorders, do not eat these products raw.