

Front of the Healthy Fish Guide



Folds to Fit in Your Wallet!

Back of the Healthy Fish Guide

<b>SAFE TO EAT 2-3 MEALS PER WEEK</b>		OR	<b>SAFE TO EAT 1 MEAL PER WEEK</b>		<b>AVOID DUE TO MERCURY</b>
<p>Follow this advice to reduce your exposure to mercury, PCBs, and other toxic chemicals:</p>					<p>Women who are or may become PREGNANT, NURSING MOTHERS, and CHILDREN should NOT eat:</p>
<ul style="list-style-type: none"> <li>♥ Anchovies</li> <li>♥ Black sea bass</li> <li>Butterfish</li> <li>Catfish</li> <li>Clams</li> <li>Cod (US Pacific) (US Atlantic)</li> <li>Crab (Blue, King, Snow) (US, CAN) (imported King)</li> <li>Crab – Imitation</li> <li>Crayfish (imported farmed)</li> <li>Flounder/Sole</li> <li>♥ Herring</li> <li>♥ Mackerel (canned)</li> <li>♥ Oysters</li> <li>Pollock/Fish sticks</li> </ul>	<ul style="list-style-type: none"> <li>♥ Salmon (fresh, canned)</li> <li>♥ Chinook (King) (coastal, Alaska)</li> <li>♥ Chum (Dog, Keta)</li> <li>♥ Coho (Silver)</li> <li>♥ Farmed*</li> <li>♥ Pink (Humpy)</li> <li>♥ Sockeye (Red)</li> <li>♥ Sardines (US Pacific) (US Atlantic)</li> <li>Scallops</li> <li>Shrimp/Prawns (US, Canada) (imported)</li> <li>Squid/Calamari (Mitre, Indian spp)</li> <li>Tilapia</li> <li>♥ Trout</li> <li>Tuna (canned light) (troll/pole) (imported longline, purse seine)</li> </ul>	<ul style="list-style-type: none"> <li>Chilean sea bass (Chile) (Crozet, Prince Edward &amp; Marion Islands)</li> <li>♥ Chinook salmon (Puget Sound)</li> <li>Croaker (white, Pacific)</li> <li>Halibut (Pacific) (Atlantic)</li> <li>Lobster (US, Canada) (imported Spiny Caribbean)</li> <li>Mahi mahi (imported longline)</li> </ul>	<ul style="list-style-type: none"> <li>Monkfish</li> <li>Rockfish/Red snapper (trawl-caught)</li> <li>♥ Sablefish/Black cod (WA, OR, CA troll/pole) (imported longline)</li> <li>♥ Tuna, Albacore (fresh, canned white) (imported longline)</li> <li>Tuna, Yellowfin (imported longline)</li> </ul>	<ul style="list-style-type: none"> <li>Mackerel (King)</li> <li>Marlin (imported)</li> <li>Shark</li> <li>Swordfish (imported)</li> <li>Tilefish (Gulf of Mexico, South Atlantic)</li> <li>Tuna Steak</li> <li>Bluefin</li> <li>Bigeye (imported longline)</li> </ul>	
<p><b>What is a meal?</b> A serving/meal is about the size and thickness of your hand, or 1 oz. uncooked fish for every 20 lbs. of body weight.</p> <p>160 lb. Adult = 8 oz. / 80 lb. Child = 4 oz.</p>					<ul style="list-style-type: none"> <li>♥ Highest in healthy omega-3 fatty acids</li> <li><b>ORANGE TEXT:</b> Overfished, farmed, or caught using methods harmful to marine life and/or environment</li> <li>* Farmed salmon information: <a href="http://www.doh.wa.gov/fish/farmedsalmon">www.doh.wa.gov/fish/farmedsalmon</a></li> <li>Seafood not listed? Call 1-877-485-7316</li> </ul>