

Health benefits of fish

Many types of fish are an excellent source of protein and omega-3 fatty acids (omega-3s). It is especially important that infants, children, women who are (or may become) pregnant and women who are breastfeeding, eat a variety of fish to get a type of omega-3 called DHA. Omega 3s are also important at all ages, to reduce the risk of heart disease.

Mercury in fish and shellfish

Nearly all fish and shellfish contain mercury, but some types contain much higher levels and are more of a concern. Exposure to high amounts of mercury can be harmful, especially for pregnant women, infants and children.

Use this guide to make healthy fish choices for you and your family.

***Eat a variety of fish
and choose wisely.***

These guidelines apply only to fish bought at the market or store. For information on fish caught in local lakes or streams, visit the Ministry of the Environment's *Guide to Eating Ontario Sport Fish* at <http://www.ene.gov.on.ca/envision/guide/>

***Health Canada recommends
eating at least two Canada's Food
Guide Servings of fish each week that
are high in omega-3 fatty acids
and low in mercury.***

For more information on making
healthy fish choices, visit
www.york.ca/fishguide

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A GUIDE to EATING FISH for women, children and families





EAT a VARIETY of FISH and CHOOSE WISELY



One Canada's Food Guide Serving of fish is 75 grams or 2.5 ounces or about ½ a cup.

Choose OFTEN

(low mercury fish)

- **2 servings a week** for infants and children*
- **4 servings a week** for women and teenagers
- **Unlimited servings a week** for women aged 50+ and men

Anchovies Ω	Arctic Char Ω	Clams	Cod	Flounder	Haddock	Herring Ω	Kamaboko
Mackerel, Atlantic or Pacific		Mussels	Octopus	Oysters	Pollock	Prawns	Salmon Ω
Sardines Ω	Scallops	Shrimp	Smelt Ω	Sole	Squid	Tilapia	Trout, Rainbow Ω
Tuna, Canned, Light		Whelk					

OR

Choose SOMETIMES

(medium mercury fish)

- **1-2 servings a month** for infants and children*
- **2-4 servings a week** for women and teenagers
- **4 servings a week** for women aged 50+ and men

Black Cod	Catfish	Crab	Crawfish	Croaker	Dolphin Fish	Eel	Grouper
Hake	Halibut	Lobster	Mackerel, King or Spanish Ω		Mahi Mahi	Perch	Sablefish
Skate	Snapper	Striped Bass Ω	Sturgeon	Trout, Lake Ω		Tuna, Canned White or Albacore	
Turbot	Whitefish	Whiting					

OR

AVOID or Choose RARELY

(high mercury fish)

- **Less than 1 serving a month** for women, infants teenagers and children*
- **1 serving a week** for women aged 50+ and men

Barracuda	Escolar Ω	Marlin	Orange Roughy	Pickeral	Pike	Sea Bass	Shark
Snake Mackerel Ω		Swordfish	Tilefish	Tuna, Fresh or Frozen		Walleye	

Ω These fish have higher levels of omega-3s, which are important to health. **Infants and Children*** • Fish can be introduced into the diet of infants between 6-12 months of age if the infant is at low risk for developing food allergies • If your child weighs less than 16.5 kilograms or approximately 36 pounds, you may choose to reduce the serving size