



Are You Getting the Maximum Benefit From the Fish You Eat?

Eating fish is a healthy choice for you and your baby

People who are pregnant, are planning to become pregnant, or are nursing should eat 1 to 2 meals of fish each week to get nutrients such as omega-3 fatty acids, which are great for your health and the health of your baby. But, certain types of fish contain more mercury than others, which may hurt the brain growth of young children and unborn babies. Answer these questions to find out if the fish you eat could be causing mercury to build up in your body.

Each week...

- Do you eat more than 2 meals of any type of fish? Yes No
- Do you eat more than 1 meal of canned light tuna? Yes No

Each month...

- Do you eat more than 1 meal of fresh or frozen tuna, halibut, or canned albacore/white tuna? Yes No
- Do you eat more than 1 meal of locally caught walleye, northern pike, bass, or lake trout? Yes No

Ever eat...

- Shark, swordfish, king mackerel, tilefish, or muskellunge (muskie)? Yes No

If you answered “Yes” to any of these questions, you could be at risk for mercury building up in your body. More “Yes” responses could mean you have higher amounts of mercury in your body. For people who are pregnant, may become pregnant, or are nursing, it’s important to know that some fish contain more mercury than others, and even small amounts of mercury may hurt the brain growth of young children and unborn babies. Talk with your health care provider about the risks and benefits of eating fish.



Bureau of Environmental and Occupational Health

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Learn more at <https://www.dhs.wisconsin.gov/water/fish/index.htm>