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 and snacks

Fish & crackers	Fish cakes	Fish curry
Fish sandwich	Fish soup or chowder	Fish tacos
Paella or jambalaya	Shrimp skewers	Steamed or baked fish

If you do not eat fish

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

Omega-3

Nutrition Services

Choose cooked or canned fish

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

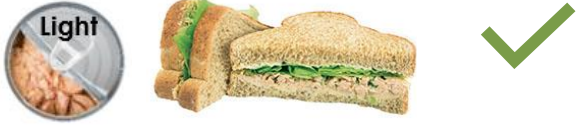|			
✅ Canned fish, oysters	✅ Cooked ceviche	✅ Tempura sushi	✅ Cooked smoked fish
❌ Raw ceviche	❌ Raw oysters	❌ Raw sushi	❌ Uncooked smoked fish

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

❌ Escolar	❌ Marlin	❌ Orange roughy	❌ Shark	❌ Swordfish

If you eat tuna, choose 'light' tuna

✅ Canned 'light' tuna	❌ Canned white tuna	❌ Fresh or frozen tuna

For information on fish caught in Alberta lakes or rivers, visit: aephin.alberta.ca/shouldIEatThisFish/

To learn more, visit HealthyParentsHealthyChildren.ca.

If you have nutrition questions, call 811. Ask to talk to a dietitian. Visit ahs.ca/Nutrition.