




# Eating Fish in Pregnancy

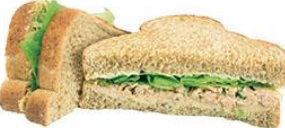








Eat fish to help your baby's eyes and brain grow.

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 ✓

 <p>Cooked fish (fresh or frozen)</p>	 <p>Canned fish ('light' tuna, salmon, or sardines)</p>	 <p>Cooked shellfish (shrimp, clams, or mussels)</p>
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## Ways to eat fish at meals or snacks ✓

 <p>Fish sandwich</p>	 <p>Fish cakes</p>	 <p>Fish &amp; crackers</p>
 <p>Fish curry</p>	 <p>Steamed or baked fish</p>	 <p>Paella or jambalaya</p>
 <p>Fish tacos</p>	 <p>Shrimp skewers</p>	 <p>Fish soup or chowder</p>

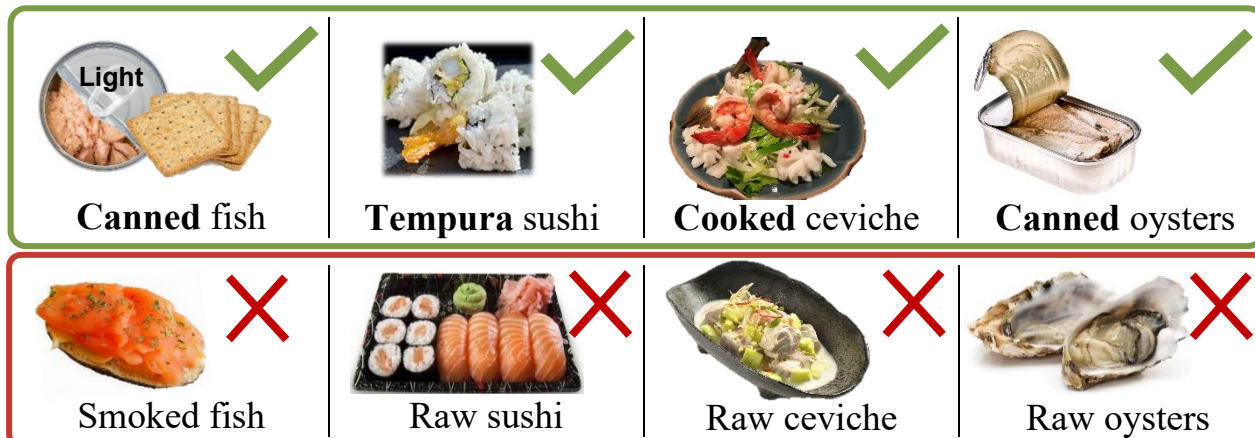
## If you do not eat fish

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



## Choose cooked or canned fish

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



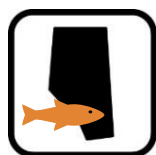
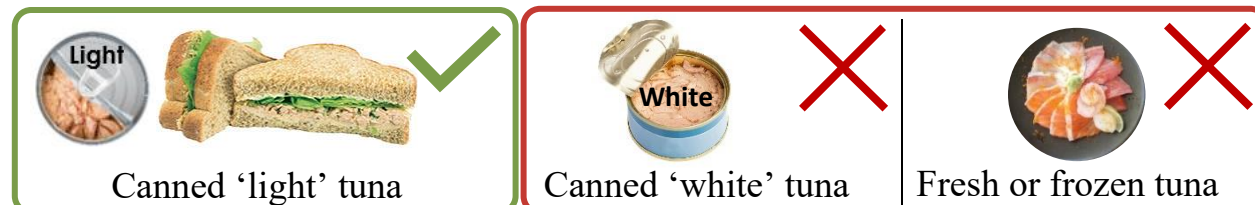
## Avoid high mercury fish

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



## If you eat tuna, choose 'light' tuna



For information on fish caught in **Alberta lakes or rivers**, check [aepin.alberta.ca/ShouldIEatThisFish](https://aepin.alberta.ca/ShouldIEatThisFish)



To learn more, visit the *Healthy Parents Healthy Children* website ([healthyparentshealthychildren.ca](https://healthyparentshealthychildren.ca))

If you have questions about fish, call 811. Ask to talk to a dietitian.