

# Safety Precautions For *Eating Fish*



## DURING PREGNANCY

Limit your weekly fish intake to 12 ounces or about 340 gms.



Choose fish varieties with the lowest mercury levels, such as salmon and cod fish.



Consult the local authority about the water's mercury content if eating fish from local water bodies.



Avoid eating swordfish, king mackerel, and others containing high mercury levels.



Include fish in your pregnancy diet as a part of a healthy meal plan.



Take plant-based foods and supplements of omega-3 fatty acids if you've restricted your fish intake.

