



Types Of Sushi **TO AVOID** During Pregnancy

Avoid sushi made from the following types of fish.



Yellowfin tuna, bigeye, and bluefin (Ahi, Maguro, Meiji, and Toro)



Albacore tuna (Shiro)



Horse mackerel (Aji)



Mackerel (Saba)



Spanish mackerel (Sawara)



Yellowtail fish (Buri, Hamachi, Inada, and Kanpachi)



Bonito (Katsuo)



Swordfish (Kajiki)



Blue marlin (Makjiki)



Sea bass (Seigo and Suzuki)