

Choose health, low mercury fish



PUT FISH ON YOUR PLATE

Not all fish are equal. **Know what types of fish are best for you and how often you can eat them.** Benefits of eating fish outweigh risks if you choose to eat fish low in mercury. Mercury can affect memory, thinking, attention, and success in school for children.



Fish laab



Fish curry



Steamed catfish



Tilapia

Healthy Tips



- Mercury cannot be removed by cleaning, cooking, or freezing fish.
- Eat smaller fish. Give larger walleyes, northerns, and white bass to women who are not pregnant or planning to become pregnant and men.
- How clean a lake looks or how a fish smells is not a sign of how safe the fish is to eat.

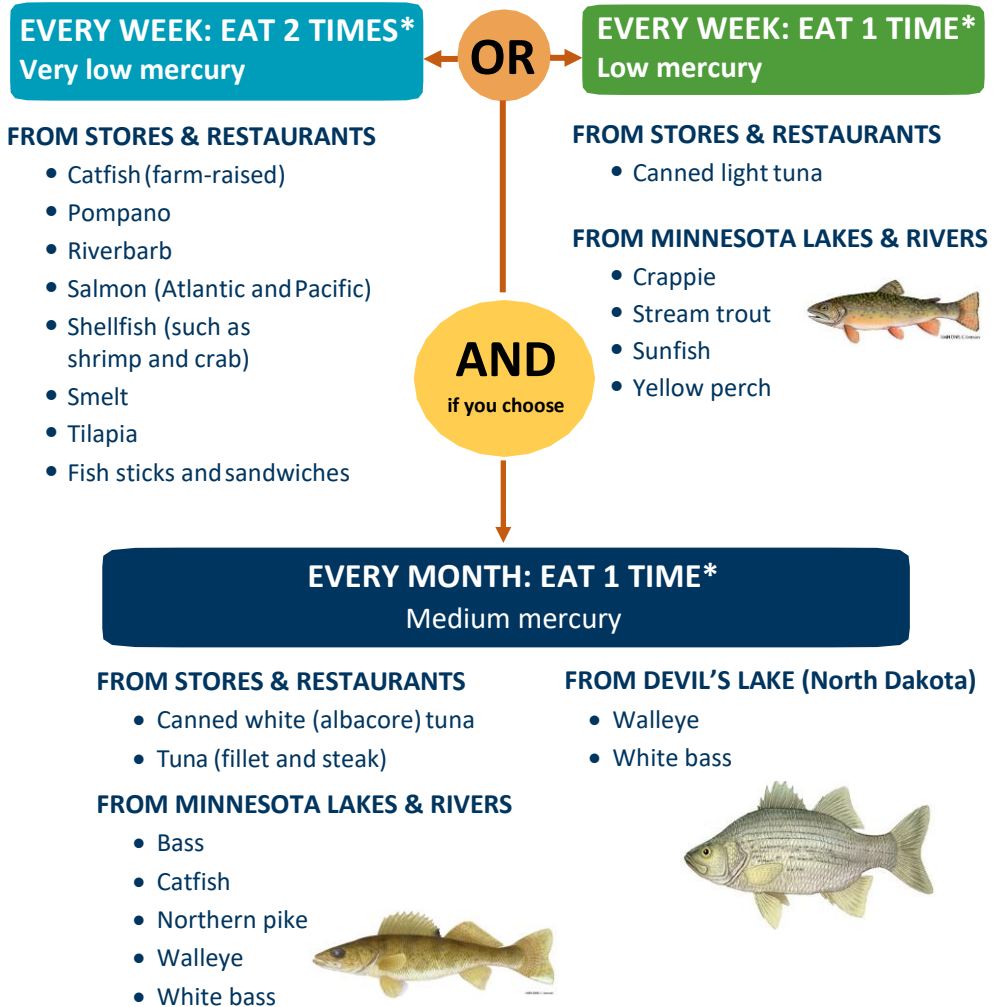


Fish eating guidelines
health.state.mn.us/fish
ChooseYourFish.org
651-201-4911

To obtain this information in a different format, call 651-201-4899. REV 6/2019

Women who are or may become pregnant **and children**
under 15 years old –

Choose Your Fish!



*1 Time = 1 Serving

Serving size increases or decreases depending on a person's size. A serving is 3 ounces of cooked fish for a 75 pound person (3 ounces is about the size of a deck of cards). A serving is 5 ounces cooked fish for a 120 pound person. You can eat fish more often if the amount of fish you eat is smaller than your serving size.