

**Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15  
STATEWIDE SAFE-EATING GUIDELINES**

**Every week eat some of these fish!**

<p><b>2 SERVINGS of any of these fish</b></p> <p><b><i>Purchased fish</i></b></p> <ul style="list-style-type: none"> <li>▪ Catfish (farm-raised)</li> <li>▪ Cod</li> <li>▪ Herring ♥</li> <li>▪ Mackerel (Atlantic) ♥</li> <li>▪ Pollock</li> <li>▪ Salmon (Atlantic or Pacific; not Great Lakes) ♥</li> <li>▪ Sardines ♥</li> <li>▪ Shellfish (such as crab, oysters, scallops, shrimp)</li> <li>▪ Tilapia</li> <li>▪ Fish sticks and sandwiches</li> </ul>	OR	<p><b>1 SERVING of any of these fish</b></p> <p><b><i>Purchased fish</i></b></p> <ul style="list-style-type: none"> <li>▪ Canned “light” tuna</li> <li>▪ Halibut</li> </ul> <p><b><i>Minnesota caught fish</i></b></p> <ul style="list-style-type: none"> <li>▪ Bullhead</li> <li>▪ Crappie</li> <li>▪ Inland trout (brook, brown, rainbow)</li> <li>▪ Lake herring (Cisco)</li> <li>▪ Lake whitefish</li> <li>▪ Sunfish (such as Bluegill)</li> <li>▪ Yellow perch</li> </ul>
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♥ Higher in Omega-3 fatty acids

**And, 1 serving each month of any of these fish**

<p><b><i>Purchased fish</i></b></p> <ul style="list-style-type: none"> <li>▪ Canned “white” (albacore) tuna</li> <li>▪ Chilean seabass</li> <li>▪ Grouper</li> <li>▪ Marlin</li> <li>▪ Tuna (steak or fillet)</li> </ul>	<p><b><i>Minnesota caught fish</i></b></p> <ul style="list-style-type: none"> <li>▪ Bass</li> <li>▪ Catfish</li> <li>▪ Lake Trout</li> <li>▪ Northern pike</li> <li>▪ Walleye</li> <li>▪ Other Minnesota species not listed</li> </ul>
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**DO NOT EAT these fish!**

<p><b><i>Purchased fish</i></b></p> <ul style="list-style-type: none"> <li>▪ Swordfish</li> <li>▪ Shark</li> </ul>	<p><b><i>Minnesota caught fish</i></b></p> <ul style="list-style-type: none"> <li>▪ Muskellunge</li> </ul>
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