

Safe fish for your family



Most fish are healthy to eat and can be a part of a healthy diet for everyone in your family, but some fish may contain chemicals that can be harmful to your health.

Fish are good for you!

Fish are a great source of omega-3 fatty acids, calcium, and minerals. They can also be a good source of low-fat protein.

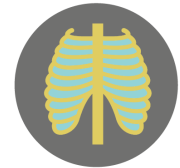
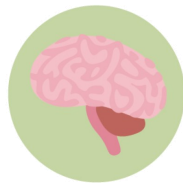
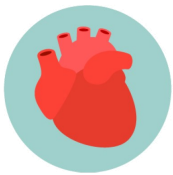
Eating fish can...

Maintain heart health

Aid in healthy brain function

Support fetal development

Promote bone health



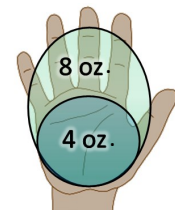
Make healthy choices

Chemicals that may be found in fish such as mercury and PCBs can build up in your body over time and may cause health effects that can range from small changes in health to birth defects and even cancer.

You can reduce your exposure to the chemicals by choosing to eat safe, healthy fish.

Best choices		Great choices		
Unrestricted consumption		One meal per week		
Anchovy	Salmon, fresh/frozen	Atlantic croaker	Herring	Sheepshead
Atlantic mackerel	Sardine	Black sea bass	Lobster	Skate
Catfish, farmed	Scallop	Buffalo fish	Mahi mahi/dolphin fish	Smelt
Clam	Shad	Butterfish	Monkfish	Snapper
Crawfish	Shrimp	Carp, farmed	Pacifi chub mackerel	Striped bass
Mullet	Squid	Cod	Perch, freshwater	Tilefish
Oyster	Tilapia	Crab	Perch, ocean	Tuna, light, canned
Pollock	Whiting	Flatfish	Pickarel	Whitefish
		Haddock		
		Hake		

A **standard portion size** is about the size and thickness of your hand, or one ounce of uncooked fish for every 20 pounds of body weight.



Eight ounces of uncooked fish is one serving for a 160-pound person. Eight ounces of uncooked fish is approximately six ounces of cooked fish.

Choosing safe fish and avoiding fish with high levels of toxins can keep your family safe. While toxins such as mercury and PCBs can affect all consumers, the sensitive populations are more susceptible. This **population includes females under the age of 50 (excluding women who are no longer capable of becoming pregnant), males under age 15, and individuals with compromised immune systems.** The table above lists the “best choices” and “good choices” of store-bought fish to consume, based upon the guidelines specific to the sensitive population.



Please visit the Indiana Department of Health's Fish Consumption Guidelines webpage at <https://secure.in.gov/health/eph/fish-consumption-advisory/> to learn more about fish consumption specific to Indiana waters.

Enjoy an activity!

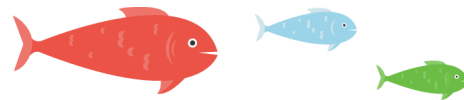
One day, Carl the Cat decided to go **fishing**.

He caught all kinds of fish and even decided to keep some for dinner later that night. Carl loves to eat fish because they taste good and are also **healthy**. Fish are a great source of omega-3 **fatty acids**, **calcium** and **minerals**. They can also be a good source of low-fat **protein**. Fish are **brain food** that also keep your **heart** healthy.

Some fish contain harmful **chemicals**, so Carl made sure to follow the **advice** on the fish consumption webpage to make sure he was only eating safe fish.

Carl decided to invite his friends over to dinner because he caught so many safe, healthy fish!

Can you find all the words in **bold** from Carl the Cat's story?



Word box

Fishing	Minerals
Healthy	Calcium
Heart	Fatty Acids
Brain Food	Chemicals
Protein	Advice

V K T X K S H R V E J D O M F
B M U K R B A D N G O O A T A
M I N E R A L S C G N O B D T
W U O U L C M H M M E F J O T
U C Z A R J E Z M T P N C H Y
W D G P B M F Z E J R I W G A
X O Y Z I I F D C E B A S J C
Z N O C S A S I J A N R E L I
S X A H Q M U U R I L B M H D
W L I Y H T L A E H D C X Z S
S N D L R Y N T R F F X I H L
G Z N O O K O E C I V D A U X
Z W C A Y R H G P Y R G M O M
X G L T P T A N N H R R W H W
B D H U V N K M N D S U T O V



Help Carl the Cat catch a fish!

