

# **Fish is a healthy choice** *for you and your breastfed baby.*

**Omega-3 fats from fish and seafood help build your baby's brain and eyes.**

**Pregnant and breastfeeding parents can eat about 8 to 12 ounces a week of fish low in mercury.**

Choose fish like canned light tuna or salmon, herring, sardines, shrimp and trout.

*Limit white (albacore) tuna to no more than 6 ounces each week.*



**Avoid fish that are high in mercury,** like mackerel, marlin, orange roughy, pike, tilefish, shark and swordfish. *Mercury can harm your growing baby.*



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