

# Mestemacher Clinic for Women

*A Division of*

Memphis Obstetrics and Gynecological Association, P.C.

## **FISH CONSUMPTION AND PREGNANCY**

Fish is an important part of a healthy and balanced diet. However, to protect developing babies from being exposed to potentially dangerous levels of mercury, the Food and Drug Administration (FDA) and Environmental Protection Agency (EPA) have issued the following guidelines regarding the consumption of fish and shellfish for women who are pregnant, nursing, or who may become pregnant:

- Do not eat shark, swordfish, king mackerel, or tilefish. They contain high levels of mercury.
- Up to twelve (12) ounces – two average meals – a week of shellfish that are low in mercury, such as shrimp, canned light tuna, salmon, and catfish may be eaten.
- No more than six (6) ounces – one average meal – of white albacore tuna or tuna steak should be consumed in one week.
- No more than six (6) ounces – one average meal – of cooked fish caught in local waters should be consumed in one week.