

FISH CONSUMPTION ADVICE

For Wisconsin Women and Children



Atlantic or Pacific Salmon Recipe

Baked Salmon Recipe

Serves 3-4

- 16 oz. fillet of salmon
- 1/2 cup parsley, chopped
- 3 tablespoons olive oil
- 1 lemon
- Salt and pepper to taste

Preheat the oven to 400 degrees. Place the whole salmon fillet, skin side down, in an oven-safe baking dish lined with foil. Lightly salt and pepper the fillet. Sprinkle with parsley. Drizzle with olive oil and squeeze lemon on top. Bake in the oven for about 20 minutes or until cooked to desired doneness.



Fish Tips

Foil is your friend. Wrap fillets in foil, or place fish on top of foil before baking or grilling for easy cleanup. When grilling, use a hot, clean, well-oiled grill to prevent fish from sticking.

Remember to search **Eating Your Catch** at dnr.wi.gov to learn how careful cooking and preparation of fish can reduce your exposure to chemicals!

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Bureau of Environmental and Occupational Health
Division of Public Health | Wisconsin Department of Health Services

www.dhs.wi.gov/environmental/fish.htm

Why Eat Fish?

Fish are important for women and children in three critical ways!

High in Protein

Fish are an outstanding source of high-quality protein.

Excellent Source of Omega-3s

Some fish contain omega-3 fatty acids, which support brain development in babies and heart health for all.

Low in Calories

Fish are naturally low in calories. Eating fish can help you maintain a healthy weight.



I want to make healthy choices for my baby and fish are one of the best sources of omega-3 fatty acids. I'm planning to include more fish in my diet and looking forward to having a healthy baby this spring!

-- **Kelly**, a pregnant woman living in Ashland, Wisconsin

For fish caught from Wisconsin waters, source and size matter!
Search **Eating Your Catch** at dnr.wi.gov to find advice for your local waters.

How Much Fish Should I Eat?

Fish are a great source of nutrients, especially for women and babies. It's important to choose fish low in chemicals to get the benefits of eating fish without the risks. The following advice is for women who are pregnant, or may become pregnant, and children up to age 15.

How Much Fish is a "Meal"?

Body Weight	Weight of <u>uncooked</u> meal	Weight of <u>cooked</u> meal
75 lbs.	¼ lb. or 4 ounces	3 ounces
150 lbs.	½ lb. or 8 ounces	6 ounces
225 lbs.	¾ lb. or 12 ounces	9 ounces

To adjust meal size for a heavier or lighter person, add or subtract 1 ounce of uncooked fish for every 20 pounds of body weight.

Which Fish Should I Eat?

Up to 2 meals per week: Atlantic or Pacific Salmon (not Great Lakes), farm-raised catfish, shrimp, pollock, or other purchased fish low in mercury

OR

Up to 1 meal per week: Canned light tuna, bluegill, crappies, yellow perch, sunfish, bullheads, inland trout

AND

Up to 1 meal per month: Canned white tuna, tuna steaks, halibut, walleye, pike, bass, catfish, or all other species

BUT DO NOT EAT

DO NOT EAT: Muskies, swordfish, shark, king mackerel, or tilefish. These fish have very high levels of mercury.