



# How Can I Include Fish in My Diet?

Use this month-by-month guide to help choose healthy fish options.

Month 1	Month 2
<p><b>Week 1:</b> 2 meals of Atlantic or Pacific salmon</p> <p><b>Week 2:</b> 1 meal of locally caught bluegill<sup>+</sup></p> <p><b>Week 3:</b> 1 meal of canned light tuna</p> <p><b>Week 4:</b> 1 meal of shrimp <i>and</i> 1 meal of tilapia</p> <p>1 meal of halibut</p> <p><i>AND</i></p>	<p><b>Week 1:</b> 1 meal of Atlantic or Pacific salmon <i>and</i> 1 fast food fish sandwich</p> <p><b>Week 2:</b> 1 meal of locally caught inland trout<sup>+</sup></p> <p><b>Week 3:</b> 1 meal of crab <i>and</i> 1 meal of Atlantic or Pacific salmon</p> <p><b>Week 4:</b> 1 meal of scallops</p> <p>1 meal of locally caught northern pike<sup>+</sup></p> <p><i>AND</i></p>
Month 3	Month 4
<p><b>Week 1:</b> 1 meal of shrimp <i>and</i> 1 meal of tilapia</p> <p><b>Week 2:</b> 1 meal of locally caught Lake whitefish<sup>+</sup></p> <p><b>Week 3:</b> 1 meal of locally caught yellow perch<sup>+</sup> <i>and</i> 1 meal of cod</p> <p><b>Week 4:</b> 1 meal of Atlantic or Pacific salmon <i>and</i> 1 meal of cod</p> <p>1 meal of locally caught walleye<sup>+</sup></p> <p><i>AND</i></p>	<p><b>Week 1:</b> 2 meals of Atlantic or Pacific salmon</p> <p><b>Week 2:</b> 1 meal of locally caught crappie<sup>+</sup></p> <p><b>Week 3:</b> 1 meal of canned light tuna</p> <p><b>Week 4:</b> 1 meal of farm-raised catfish <i>and</i> 1 meal of tilapia</p> <p>1 meal of canned albacore (white) tuna</p> <p><i>AND</i></p>

*+For fish caught from Wisconsin waters, source and size matter!*

Search *Eating Your Catch* at [dnr.wi.gov](http://dnr.wi.gov) to find fish consumption advisories for your local waters!



## How Much Fish Is a “Meal”?

The size of a meal depends on your body weight. Find your weight in the chart below. 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. For young children, aim for 2 or 3 meals of fish a week, with a meal size appropriate for the child’s age and calorie needs.

Body Weight	Weight of 1 <u>uncooked</u> meal	Weight of 1 <u>cooked</u> meal
40 lbs.	3 ounces	2.5 ounces
75 lbs.	4 ounces	3 ounces
150 lbs.	8 ounces	6 ounces
225 lbs.	12 ounces	9 ounces

### Fast Facts About Fish

The two pieces of fish pictured above are about 5 ounces of fish total.

A fast food fish sandwich is typically between 4 and 5 ounces of fish.

One piece of sushi is about one ounce of fish.

