Women who are pregnant or planning to become pregnant should eat 1 to 2 meals of fish each week to get nutrients such as omega-3 fatty acids, which are great for your health and the health of your baby. But, certain types of fish contain more mercury than others, which may hurt the brain growth of young children and unborn babies. Answer these questions to find out if the fish you eat could be causing mercury to build up in your body.

Each week...
- Do you eat more than 2 meals of any type of fish? □ Yes □ No
- Do you eat more than 1 meal of canned light tuna? □ Yes □ No

Each month...
- Do you eat more than 1 meal of fresh or frozen tuna, halibut, or canned albacore/white tuna? □ Yes □ No
- Do you eat more than 1 meal of locally caught walleye, northern pike, bass, or lake trout? □ Yes □ No

Ever eat...
- Shark, swordfish, king mackerel, tilefish, or muskellunge (muskie)? □ Yes □ No

If you answered “Yes” to any of these questions, you could be at risk for mercury building up in your body. More “Yes” responses could mean you have higher amounts of mercury in your body. For women who are pregnant or may become pregnant, it’s important to know that some fish contain more mercury than others, and even small amounts of mercury may hurt the brain growth of young children and unborn babies. Talk with your health care provider about the risks and benefits of eating fish.