


PREGNANT OR BREASTFEEDING? EAT FISH 2-3 TIMES A WEEK FOR MOM'S HEART AND BABY'S BRAIN HEALTH

ONLY
13% 
OF PREGNANT WOMEN
EAT THE RECOMMENDED
2-3 MEALS
OF SEAFOOD A WEEK

50% 
OF THE FAT IN A
BABY'S BRAIN IS MADE
UP OF DHA, THE **OMEGA-3**
FAT FOUND IN SEAFOOD



EATING 2-3 SERVINGS OF FISH
EACH WEEK IS GOOD FOR
MOM'S HEART




100+

PEER-REVIEWED STUDIES
SHOW THE SAFETY AND CLEAR
BENEFITS OF EATING FISH

WHAT FISH TO EAT

EAT A VARIETY OF FISH EACH WEEK

POPULAR CHOICES INCLUDE
SHRIMP, SALMON, CANNED TUNA,
TILAPIA AND POLLOCK



LEARN MORE

VISIT GETREALABOUTSEAFOOD.COM
OR DISHONFISH.COM
FOR FACTS AND DELICIOUS RECIPES
THAT MAKE IT EASY TO EAT MORE FISH



- ALL VARIETIES OF STORE-BOUGHT AND RESTAURANT SEAFOOD ARE SAFE TO EAT DURING PREGNANCY – **EXCEPT** SHARK, SWORDFISH, MARLIN, ORANGE ROUGHY, TILEFISH, KING MACKEREL AND BIGEYE TUNA (FOUND IN SUSHI)
- FOR SEAFOOD CAUGHT BY FAMILY OR FRIENDS, CHECK WITH LOCAL ADVISORIES