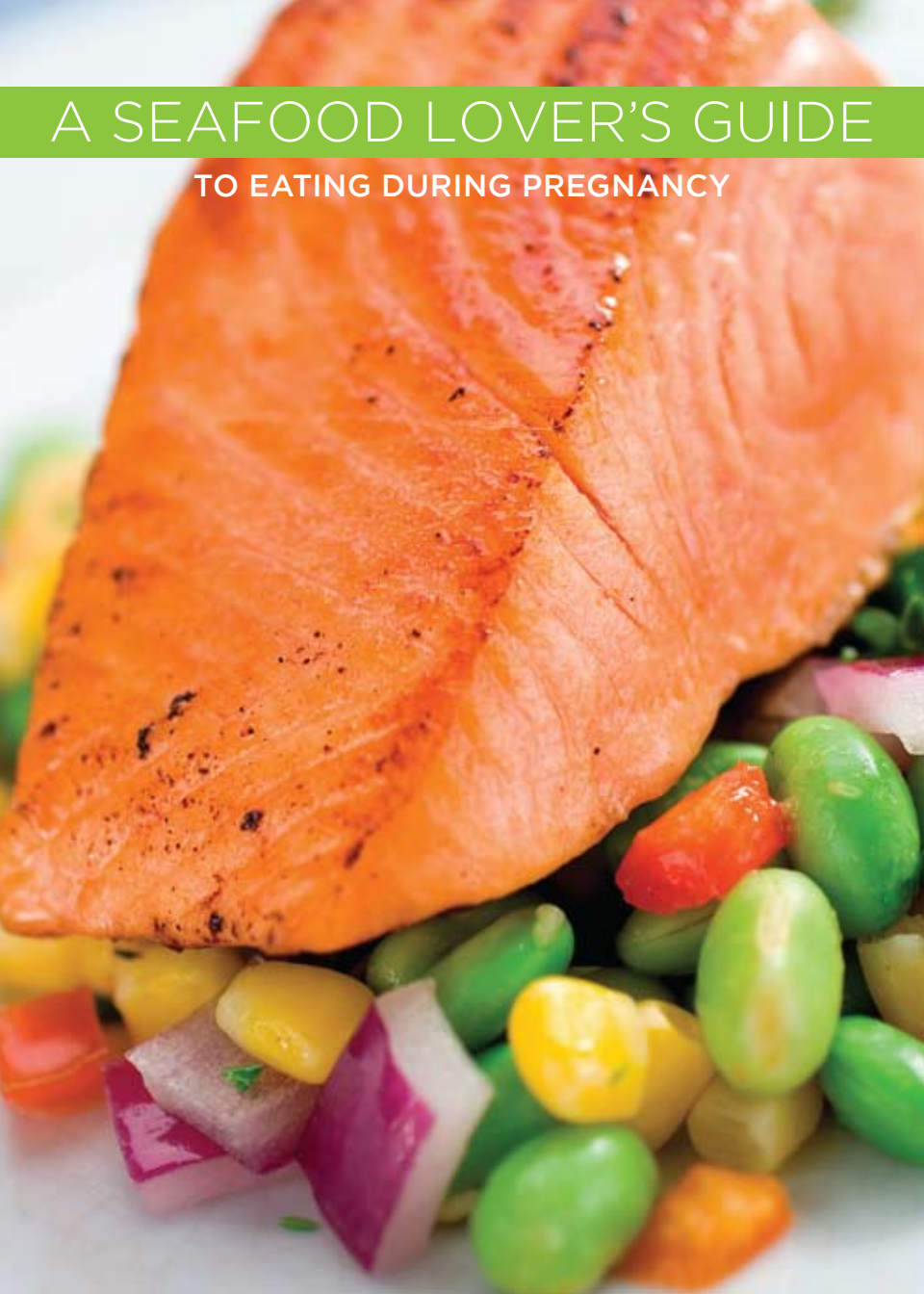


A SEAFOOD LOVER'S GUIDE

TO EATING DURING PREGNANCY



SEAFOOD BUILDS BABY'S BRAIN

A recent study found that moms-to-be who ate fish two to three times a week during pregnancy had babies who reached these milestones more quickly:

- **6 months:** imitate sounds, hold up head, recognize family
- **18 months:** climb stairs, drink from a cup, draw

Seafood is one of the only foods bursting with a type of healthy fat called omega-3 DHA.

America's favorite types of seafood all meet the FDA's strict safety guidelines.

SEAFOOD: THE NUTRITION STAR

Most popular types of seafood (3 ounces)	Average mercury level below the FDA limit	Omega-3 DHA fats (milligrams)*
Salmon	Yes	1238
Canned White Tuna	Yes	535
Pollock	Yes	383
Crab	Yes	196
Canned Light Tuna	Yes	190
Scallops	Yes	169
Cod	Yes	131
Clams	Yes	124
Shrimp	Yes	122
Tilapia	Yes	111
Catfish	Yes	109

WHAT'S IT LIKE TO BE A SEAFOOD LOVER WHO'S PREGNANT?

Well, if that's you, perfect! Pregnancy is one of the best times to indulge your love of fish. Here's why:

- Seafood is tasty and craveable
- Studies show eating fish during pregnancy gives moms and babies lots of health benefits
- Seafood is easy to make and a natural "fast food"



*Source: USDA National Nutrient Database

We designed this guide for you, a savvy seafood lover, so you know these things about fish during pregnancy:

- Why eating fish is important for you and your baby
- How much fish you should be eating
- How to fit seafood into your diet

BEST FOODS FOR YOU & YOUR BABY

You are what you eat. And when you're pregnant, you and your baby are what you eat. Choosing the right foods now can make a big difference in your baby's growth and health.

Aim to eat a variety of nutrient-rich foods. This means foods that are full of vitamins and minerals without being too high in calories.

The nutrients below are especially important when you're pregnant and all can be easily found in foods like fish.

BANISH THE "BABY BLUES"

Some women have symptoms of depression during and after pregnancy. A recent study found that eating fish less than two to three times a week during your pregnancy may increase your chance of getting depression. This is probably because your brain isn't getting the omega-3 DHA it needs.

PREGNANCY POWERHOUSE NUTRIENTS

	OMEGA-3 DHA	CALCIUM
WHAT IT IS AND WHY YOU NEED IT	<ul style="list-style-type: none">• Special kind of healthy fat that helps build your baby's brain and eyes• May prevent pre-term (early) labor and depression during and after pregnancy• Keeps your heart healthy	<ul style="list-style-type: none">• Helps build your baby's bones and teeth, heart, nerves and muscles• Keeps your bones and teeth strong
HOW MUCH YOU NEED EACH DAY	200 milligrams	1,000 milligrams
WHAT YOU SHOULD EAT	<ul style="list-style-type: none">• Fish like salmon, canned or pouch tuna, sardines, trout and anchovies• Fortified foods like DHA-eggs	<ul style="list-style-type: none">• Dairy like yogurt, cheese and milk• Seafood like canned sardines and salmon• Greens like spinach and kale

A close-up photograph of a plate of food, featuring several skewers of cooked shrimp and a portion of yellow rice. The plate is garnished with fresh green herbs. A semi-transparent blue overlay covers the bottom half of the image, containing text about Vitamin D and Iron.

VITAMIN D

- Helps your body absorb nutrients like calcium
- May lower your chance of getting high blood pressure during pregnancy

200 (+) IU

- Fish like salmon, shrimp and canned or pouch tuna
- Fortified foods like milk and orange juice

IRON

- Helps carry oxygen in your bloodstream to your baby
- Can keep your immune system healthy
- Most moms-to-be begin their pregnancies without enough iron in their diets

27 milligrams

- Meats like turkey, beef and chicken
- Seafood like clams, halibut, crab, shrimp and cooked oysters
- Beans like red and kidney



12 OUNCES = ABOUT 2-3 SERVINGS A WEEK
AMOUNT OF FISH EXPERTS RECOMMEND PREGNANT WOMEN EAT

ARE YOU EATING ENOUGH SEAFOOD?

Pregnant women are nowhere close to eating as much seafood as they should. Why? Maybe you've heard the wrong information on the news. Maybe something in the paper has you confused. But when you turn to the experts, the advice is really simple and clear.

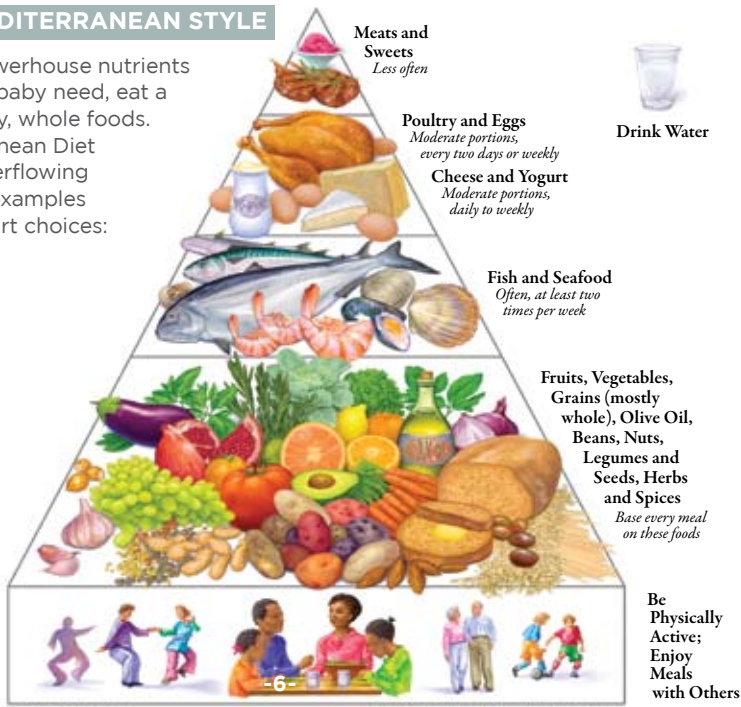
**DURING YOUR PREGNANCY,
OFFICIAL GUIDELINES AND EXPERTS SAY:**

- Eat seafood two to three times each week
- Eat a variety of fish
- As much as half (six ounces) of fish each week can be albacore tuna
- The only fish to avoid are shark, swordfish, king mackerel and tilefish

1.89 OUNCES = LESS THAN 1 SERVING A WEEK
AMOUNT OF FISH PREGNANT WOMEN IN THE U.S. ACTUALLY EAT

EATING: MEDITERRANEAN STYLE

To get the powerhouse nutrients you and your baby need, eat a variety of tasty, whole foods. The Mediterranean Diet Pyramid is overflowing with colorful examples of simple, smart choices:





CREATIVE MIX-INS TO SATISFY CRAVINGS

WHEN YOU'RE PREGNANT, SOMETIMES IT FEELS BETTER TO EAT SEVERAL MINI-MEALS INSTEAD OF A BIG MEAL. AN EASY GO-TO FOR A NUTRIENT-RICH SNACK IS CANNED FISH. WHIP UP A TUNA, SALMON OR CRAB SALAD USING THESE CREATIVE AND CRAVEABLE MIX-INS:

(Eat on whole wheat bread or pita for a sandwich or use as a dip with crackers and cut vegetables.)

CREAMY

- Avocados
- Cottage cheese
- Cream cheese
- Diced hard boiled eggs
- Mayonnaise
- Olive oil
- Peanut sauce

EATING SEAFOOD FOR TWO

You only need about 300 extra calories a day during your pregnancy. So when you get a craving, satisfy it with a nutrient-rich food. The Mediterranean Diet is full of sweet foods like fruit, creamy foods like yogurt, and savory foods like fish to help satisfy your cravings during pregnancy.

Your pregnancy weight is important—too little weight gain can keep your baby from getting all the nutrients he or she needs to grow; too much weight gain may increase your chance of getting gestational diabetes (diabetes that starts during pregnancy). But rather than obsess over the scale just remember to eat simply, drink lots of water and stay active.

As a general rule of thumb, if you are at a healthy weight before getting pregnant, you should expect to gain 25 to 35 pounds as you carry your baby.

SUBSTITUTING SUSHI

To reduce your chance of getting sick from food, you shouldn't eat any raw meats during pregnancy.

Sushi is tasty, nutritious and fun; just make sure to stick with cooked types when you're pregnant.

There are many types of cooked sushi—just look for the 'cooked' sticker when shopping in your grocery store or ask your server when dining out.

If you are counting down the days to when you can "go raw," set a dinner date with your partner for a few weeks after the baby arrives.

CRUNCHY

- Diced apples
- Diced celery
- Diced water chestnuts
- Sliced carrots
- Chopped nuts (almonds, walnuts)

SALTY

- Capers
- Soy sauce
- Chopped nuts (dry-roasted peanuts, cashew halves)

SPICY

- Herbs
- Jalapeños
- Red onion
- Red pepper flakes

TART

- Balsamic vinegar
- Lemon or lime juice
- Mustard
- Dried fruit (cherries, cranberries)

AFTER YOUR BABY ARRIVES

You're already in the groove of eating well, so keep it up after baby arrives for these reasons:

- Your breast milk will be full of nutrients from all the healthy foods you eat
- Wholesome foods will fuel your new, even busier schedule
- You're setting a positive example for your little one, who will be eating solid foods in just 4-6 months

The "Pregnancy Pantry" list at the back of this guide can help make sure you have plenty of nutrient-rich foods and snacks on hand at home.

DINING OUT

A few easy tips to keep your eating in control when dining out:

PORTION SIZES

Restaurant portions are usually more than you need, so split them with your dining partner or take half home for leftovers.

COLOR, COLOR, COLOR

Order a meal with nutrient-rich side dishes such as leafy greens, grilled vegetables or broccoli. The more colorful your plate, the more nutrients you'll get.

PROTEIN

Fish is a delicious and healthy choice when dining out. Choose seafood you know you like such as tuna, salmon or shrimp, or try a new type. Ask for grilled or broiled fish and avoid butter and cream sauces.

DON'T FORGET DESSERT

If you want a rich dessert, split it with your dining companions. For something with less fat and calories, choose fresh fruit or sorbet.

One of the most important things breastfeeding moms need to eat is healthy omega-3 DHA. Studies show that children who are breastfed tend to have better eyesight and higher IQ scores, and do better in school. These benefits may be due to the high level of omega-3 DHA in breast milk.



MEALS FOR MOMS-TO-BE

THESE RECIPES COME TOGETHER QUICKLY AND ARE FULL OF FLAVOR.

SCOOP-IT-UP TUNA

2
SERVINGS

- 5 ounces canned light tuna in water
 - 1 small carrot, shredded
 - 1/4 apple (any kind), diced
 - 3 to 4 Tbsps mayonnaise
 - Dash of salt and pepper
 - Scoopers: baked tortilla chips, mini whole-wheat pitas, crackers or sliced cucumbers
1. Combine the tuna, carrot, apple, mayonnaise and dash of salt and pepper in a medium bowl. Mix well.
 2. To pack for a school lunch, place the tuna salad in a plastic container with a tight-fitting lid. Pack “scoopers” in separate containers.

Source: *MealMakeoverMoms.com*

CHILI LIME SALMON TACOS

4
SERVINGS

- Cooking spray or 2 Tbsps olive or canola oil
 - 8 soft corn tortillas
 - 15 ounces canned salmon, drained
 - 1 lime, juiced
 - 1 cup lettuce, shredded
 - 1 Tbsp taco seasoning or chili powder
 - 2 Tbsps fresh cilantro, chopped (optional)
 - Salsa or hot sauce (optional)
1. Coat a large non-stick skillet with cooking spray or olive oil. Place skillet on stovetop over medium heat.
 2. Warm each tortilla by cooking in skillet for about 30 seconds. Set tortillas aside.
 3. Place salmon, lime juice and taco seasoning or chili powder in skillet to heat up, about 2 minutes.
 4. Fill warm corn tortillas with salmon mixture.
 5. Top with lettuce, cilantro and salsa or hot sauce if you like, and serve.

Source: *BumbleBee.com*

MEALS FOR MOMS-TO-BE

THESE RECIPES COME TOGETHER QUICKLY AND ARE FULL OF FLAVOR.

TUNA, PEACH & PECAN SALAD

1
SERVING

- 1 (3-oz.) can chunk white tuna in water
- 2 cups fresh spinach
- 1/4 cup diced celery
- 1/2 cup diced peaches packed in juice, drained
- 2 Tbsps mayonnaise
- 2 Tbsps sliced green onions
- 2 Tbsps pecans

1. Drain tuna.
2. Put spinach on plate and top with tuna, celery and peaches.
3. Thin mayonnaise with a little water or milk and drizzle over salad.
4. Garnish with green onions and pecans.

Source: *StarKist.com*

SARDINE TOSTADAS

4-6
SERVINGS

- 6 corn tortillas
- 2 small tomatoes, seeded and diced
- 1 1/2 cups shredded lettuce
- 11.25 ounces canned sardines
- 1 1/2 cups Monterey Jack cheese, shredded
- 1/2 cup low-fat sour cream
- 1 avocado, pit removed and sliced

1. Heat the oven to 250°F.
2. Place the tortillas directly on the oven rack and toast for 4 to 5 minutes or until crisp. Remove from oven.
3. Layer lettuce, cheese, tomatoes and sliced avocado on each tortilla.
4. Top with sardines and a small dollop of sour cream. Serve.

Source: *SardineDiet.com*

MEALS FOR MOMS-TO-BE

WHEN YOU HAVE A LITTLE MORE TIME, TRY THESE FLAVORFUL SEAFOOD DISHES.

NUTTY SHRIMP PASTA

5
SERVINGS

- 1 pound pre-cooked frozen shrimp
 - 8 ounces dried whole-wheat angel hair pasta
 - 1 Tbsp olive oil
 - 1 medium onion, thinly sliced (about 1 cup)
 - 1 (16-oz) bag frozen pepper strips
- SAUCE:
- 1 1/2 cups vegetable broth, low-sodium
 - 3 Tbsps all-purpose flour
 - 1/4 cup Thai peanut sauce

1. Defrost shrimp and peppers in the refrigerator overnight.
2. Cook the pasta according to package directions. Drain and set aside.
3. While the pasta is cooking, heat olive oil in a large saucepan. Add onion and sauté for 2 minutes. Add peppers and cook another 2 minutes.
4. In a small bowl, whisk together broth, flour and peanut sauce. Add sauce to onion and peppers and bring to a simmer while stirring. Reduce heat and stir another 2 minutes until mixture thickens.
5. Add the pasta and shrimp and heat through. Top with peanuts and serve.

Source: *MealMakeoverMoms.com*

TILAPIA TACOS

6
SERVINGS

- 2 pounds fresh tilapia fillets
 - 8-12 whole-wheat soft tortillas
 - 1/4 cup olive oil
 - 1/3 cup fresh cilantro, chopped
 - 2 jalapeños, seeded
 - 1/2 cup plain low-fat yogurt
 - 1/2 cup low-fat sour cream
 - 1 avocado, peeled and sliced
 - 1 tsp fresh lime juice
- SAUCE:
- Shredded cabbage
- TOPPINGS:
- Salsa
 - Fresh lime wedges

1. Combine cilantro and jalapeños in a food processor. Mix until coarsely chopped.
2. Add yogurt, sour cream, avocado and lime juice. Blend until smooth. Keep this sauce refrigerated until needed.
3. Brush tilapia fillets with olive oil and grill over medium heat for 2-4 minutes per side, until cooked through.
4. Heat tortillas on grill. Spread 2 tablespoons of sauce on each warm tortilla.
5. Place half of a fillet in center of each tortilla. Add shredded cabbage, fold tortilla and top with salsa. Garnish with fresh lime wedges.

Source: *AboutSeafood.com*

MEALS FOR MOMS-TO-BE

WHEN YOU HAVE A LITTLE MORE TIME, TRY THESE FLAVORFUL SEAFOOD DISHES.

TUNA ITALIANO PIZZA

1
SERVING

- 1 (6-oz.) pre-baked individual pizza crust
 - 1/4 cup shredded mozzarella cheese
 - 1/3 cup diced roma tomatoes
 - 1 tsp minced shallots
 - 1/2 tsp red wine vinegar
 - 2 tsps fresh-chopped basil
 - 1/4 tsp fresh-crushed garlic
 - 1 (5-oz.) can tonno tuna in olive oil
1. Preheat oven to 350° F.
 2. Place pizza crust on pizza pan.
 3. Sprinkle cheese over crust; bake until cheese is melted (about 7 minutes).
 4. Meanwhile in bowl, combine tomatoes, shallots, red wine vinegar and garlic; set aside.
 5. Remove pizza and flake tonno tuna evenly over pizza.
 6. Spoon tomato mixture over tuna; sprinkle basil over pizza.
 7. Return to oven and bake 5 minutes longer. Serve immediately.

Source: *ChickenoftheSea.com*

HALIBUT WITH RED PEPPER SAUCE

6
SERVINGS

STEAKS:

- 3 pounds halibut steaks (can use haddock, grouper or red snapper filets, fresh or frozen)
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 Tbsps olive oil

SAUCE:

- 3 Tbsps butter
- 1 1/2 cups minced onion
- 3 red bell peppers, cut into thin strips
- 1 1/2 cans of diced tomatoes, undrained
- 3/4 tsp salt
- 1/2 tsp red pepper

PREPARING STEAKS:

1. Preheat broiler.
2. Sprinkle steaks with salt and pepper; brush with olive oil.
3. Broil 5 to 8 minutes or until fish is firm, turns translucent to opaque.

PREPARING SAUCE:

1. In a saucepan, melt butter, add onions and peppers and cook just until tender, about 5 minutes.
2. Add remaining ingredients, simmer, stirring occasionally for 10 minutes.
3. Place halibut steaks on a serving platter and spoon red pepper sauce over them.

Source: *AboutSeafood.com*

YOUR PREGNANCY PANTRY

Here's a list of pantry staples to help seafood lovers make the meals and snacks in this guide, and more.

SHELF-STABLE FOODS

SEAFOOD

- Canned clams
- Canned crab
- Canned/pouch salmon
- Canned sardines
- Canned/pouch tuna

SAUCES/SEASONINGS/ CONDIMENTS

- Basil
- Cayenne pepper
- Chili powder
- Cumin
- Dill
- Garlic powder
- Jalapeños
- Ketchup
- Lemon juice
- Mayonnaise
- Mustard
- Nutmeg
- Olive oil
- Onion powder
- Parsley
- Pasta sauce
- Red pepper flakes
- Salsa
- Taco seasoning
- Thai peanut sauce
- Thyme
- Tomato sauce
- Vegetable broth, low-sodium

OTHER

- Canned beans
- Canned olives
- Canned peaches
- Crackers
- Dried bread crumbs
- Dried fruit
- Egg noodles
- Flour
- Nuts (cashews, peanuts, pecans)
- Pasta, whole-wheat
- Raisins
- Red wine vinegar
- Tortilla chips, baked

PERISHABLE FOODS

SEAFOOD

(FRESH OR FROZEN)

- Catfish
- Cod
- Halibut
- Pollock
- Salmon
- Scallops
- Shrimp (pre-cooked)
- Tilapia
- Tuna

BAKERY

- Hamburger buns
- Pita bread, whole-wheat
- Pizza crust (pre-baked)
- Tortillas, corn
- Tortillas, whole-wheat

PRODUCE

- Apples
- Avocado
- Asparagus
- Bell peppers
- Broccoli
- Cabbage
- Capers
- Carrots
- Celery
- Cilantro
- Cucumber
- Garlic
- Green onion
- Lettuce
- Limes
- Onions
- Shallots
- Spinach
- Tomato

DAIRY

- Butter
- Cottage cheese
- Cream cheese
- Eggs
- Monterey Jack cheese
- Mozzarella cheese
- Milk, low-fat
- Parmesan cheese
- Sour cream, low-fat
- Yogurt, plain low-fat

Several pregnancy and nutrition experts came together to share the advice found in this guide. We encourage you to visit the web sites below for more information on the benefits of seafood and pregnancy nutrition.



hmhb.org



hmhb.org/pnwg

NATIONAL
FISHERIES
INSTITUTE

aboutseafood.com
healthytuna.com