



GUIDE TO EATING SEAFOOD DURING PREGNANCY




Eating seafood during pregnancy is an excellent way to get the nutrients you and your baby need. Seafood is one of the only foods rich in a healthy oil called omega-3 DHA, which is needed for your baby's brain and eye development. Other nutrients found in seafood—including protein, calcium, vitamin D and iron—help build bones and muscles for mom and baby.

When you are pregnant, aim to eat a variety of cooked seafood 2-3 times each week.

www.dietaryguidelines.gov

BENEFITS FOR BABIES

Research shows that moms-to-be who **eat fish 2-3 times each week** during pregnancy have **babies who reach milestones like these more quickly:**

-  Climbing Stairs
-  Copying Sounds
-  Drinking from a cup

The most popular types of seafood in the U.S. are all safe and healthy to eat during pregnancy.



1. Shrimp



2. Salmon



3. Canned/ Pouched Tuna



4. Tilapia



5. Pangasius



6. Alaska Pollock



7. Cod



8. Catfish



9. Crab



10. Oysters

EASY IDEAS FOR MEALS AND SNACKS

Caregivers are encouraged to introduce babies to seafood at around 6 months.



SALMON MAC-N-CHEESE
Mac-n-cheese + Salmon + Broccoli



FISH NACHOS
Tortilla chips + Tilapia, Alaska Pollock, or other white flaky fish + Shredded cheese + Mango salsa + Guacamole



SHRIMP PASTA
Shrimp + Feta cheese + Cherry tomatoes + Whole wheat pasta + Kale



TUNA SALAD
Tuna + Mayonnaise or yogurt + Celery + Apple slices

These rarely eaten fish are the **ONLY ONES YOU SHOULD AVOID DURING PREGNANCY** due to their higher mercury content:

- King Mackerel
- Tilefish
- Shark
- Swordfish
- Bigeye Tuna (found in sushi)
- Marlin
- Orange Roughy

For more pregnancy information, recipes and meal ideas, visit AboutSeafood.com.



dishonfish.com



expectinghealth.org



aboutseafood.com