

FDA WARNS CONSUMERS WHO ARE—

PREGNANT

THINKING OF BECOMING PREGNANT IN THE NEXT 6 MONTHS

NURSING A BABY

**CHOOSE THE FISH YOU EAT CAREFULLY**

4 types of fish contain high levels of methyl mercury residues that can harm developing fetuses and nursing babies. The methyl mercury can accumulate in your body, so it is important to limit the amount you eat.

**BE AWARE OF THESE 4 FISH -- LIMIT WHAT YOU EAT**

Mackerel	DO NOT EAT
Shark	DO NOT EAT
Swordfish	DO NOT EAT
Tuna	
Fresh, Frozen	3 Times a Month
Canned	4 (3 oz. servings) a week

**All other types of fish are safe to eat, such as shellfish, halibut, or processed fish, such as fish sticks.**