






THE PREGNANT WOMAN'S GUIDE TO EATING SEAFOOD

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.

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

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

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. Pollock



6. Pangasius



7. Cod



8. Crab



9. Catfish



10. Clams

EASY IDEAS FOR MEALS AND SNACKS



SALMON MAC-N-CHEESE

Mac-n-cheese + Salmon + Broccoli



SHRIMP PASTA

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



FISH NACHOS

Tortilla chips + Tilapia, pollock, or other white flaky fish + Shredded cheese + Mango salsa + Guacamole



TUNA SALAD

Tuna + Mayonnaise or yogurt + Dried cranberries + 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 fishduringpregnancy.com.