

GENERAL MESSAGES

Canada's Food Guide (CFG) and Toronto Public Health recommend

- **at least 2 CFG servings of fish*** per week
(a CFG serving might be a substantially smaller portion than what most people eat in a meal)
- **choosing low-mercury species high in omega-3**,
such as Arctic char, herring, Atlantic mackerel, salmon (wild or canned), sardines, and rainbow trout

Toronto Public Health also suggests

- eating a **variety** of species from the "safe to eat often" and "safe to eat sometimes" categories (green categories: very-low-mercury and low-mercury fish)
- **frequent fish eaters** choose a **variety** of species, mainly from the "safe to eat often" categories, including species identified as "safe to eat every day"; choose other medium-mercury (yellow or "safe to eat sometimes" category) and high-mercury (red or "avoid or eat rarely" categories) fish less often, especially before and during pregnancy

Messages for women who are pregnant, who are breastfeeding, or who could become pregnant, including teenage girls

Safe to eat every day (2 CFG servings or 1 can a <u>day</u>)	Very-low-mercury fish	eg, basa, capelin, oysters, pollock, salmon (canned and wild), tilapia, etc [†]
Safe to eat often (4 CFG servings a <u>week</u> or 2½ cans of canned light tuna a <u>week</u>)	Low-mercury fish	eg, Arctic char, Atlantic mackerel, herring, rainbow trout, sardines, canned light tuna, etc [†]
Safe to eat sometimes (2 to 4 CFG servings a <u>month</u> or 2½ cans of canned albacore or white tuna a <u>month</u>)	Medium-mercury fish	eg, catfish, halibut, jackfish, kingfish, perch, snapper, canned albacore or white tuna, etc [†]
Avoid (or eat rarely) (less than 1 CFG serving a <u>month</u>)	High-mercury fish	eg, barracuda, escolar, marlin, orange roughy, shark, tuna steak, etc [†]

Sample of monthly fish-eating pattern for a pregnant woman:

- 5 to 7 150-g meals of pollock for dinner **AND**
- 1 to 2 150-g meals of rainbow trout for dinner **OR** canned **light** tuna for lunch 2 times (assuming 120-g can as serving size) **AND**
- 1 150-g meal of halibut (lunch or dinner) every other week

*One CFG serving is 75 g, 2½ oz, 125 mL, or ½ cup, which might be a substantially smaller portion than what most people eat in a meal.

[†]For full guide and list of fish species, visit www.toronto.ca/health/fishandmercury/index.htm.