

EATING FISH



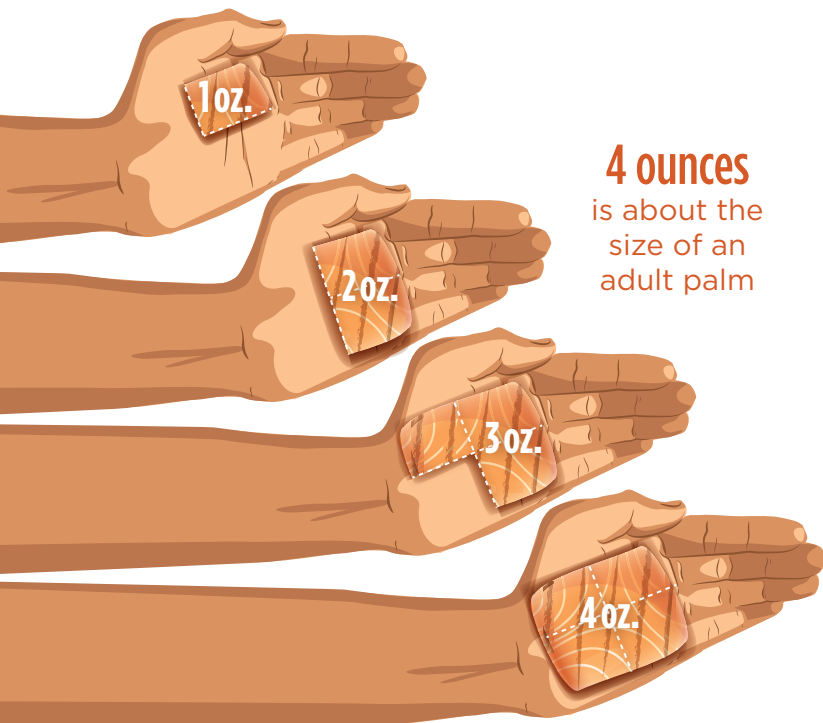
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Why is Fish Nutritious for Children?

Fish provide key nutrients that support a **child's brain development**:



- Choline also supports development of the **baby's spinal cord**.
- Iron and zinc support **children's immune systems**.
- Fish are a source of other nutrients like protein, vitamin B12, vitamin D, iodine, and selenium, too.



How Much Should My Child Eat?

Eat 2 servings a week from the "Best Choices" list.

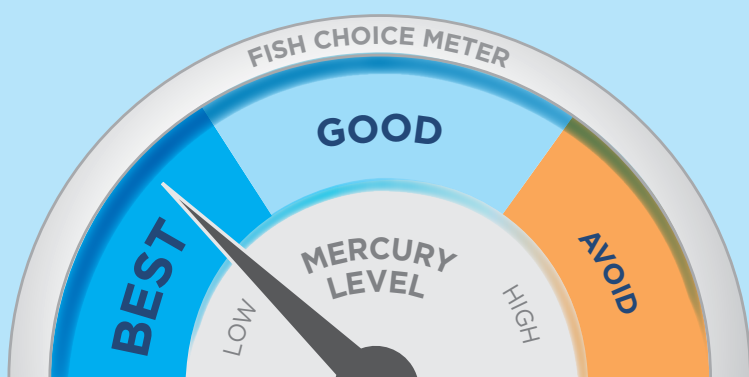
A serving is about:

- 1 ounce - age 1 to 3
- 2 ounces - age 4 to 7
- 3 ounces - age 8 to 10
- 4 ounces - age 11

Younger kids can eat fish too. You can introduce nutritious foods like fish to complement breast milk or infant formula in your baby's diet once they are about 6 months of age.

What Kind of Fish Should My Child Eat?

Include a variety of "**Best Choices**" fish, which are lower in mercury, in your child's diet.



Best Choices*

- | | | |
|---------------------|-------------------------------|--|
| • Anchovy | • Herring | • Scallop |
| • Atlantic croaker | • Lobster, American and spiny | • Shad |
| • Atlantic mackerel | • Mullet | • Shrimp |
| • Black sea bass | • Oyster | • Skate |
| • Butterfish | • Pacific chub mackerel | • Smelt |
| • Catfish | • Perch, freshwater and ocean | • Sole |
| • Clam | • Pickerel | • Squid |
| • Cod | • Plaice | • Tilapia |
| • Crab | • Pollock | • Trout, freshwater |
| • Crawfish | • Salmon | • Tuna, canned light (includes skipjack) |
| • Flounder | • Sardine | • Whitefish |
| • Haddock | | • Whiting |
| • Hake | | |

*The "Best Choices" list of fish shown above is one of three categories of fish in this advice. The [full chart](#) describes "Best Choices," "Good Choices," and "Choices to Avoid."