



You may know the nutritional importance of consuming fish while you are pregnant, but you may not know what and how much is safe to eat during this time. Below, we offer some guidelines to help you limit your exposure to mercury while getting the nutrients you and your baby need. The providers at Women's Care of Wisconsin recommend eating 42-64 Micrograms of fish per week. Please call our office at 920.729.7105 with any questions or concerns.

Common Varieties	Milligrams of omega-3 fatty acids per 4 ounces of cooked fish	Micrograms of mercury per 4 ounces of cooked fish
Salmon: Atlantic, Chinook, Coho	1200-2400	2
Anchovies, Herring, and Shad	2300-2400	5-10
Mackerel: Atlantic & Pacific (not King)	1350-2100	8-13
Tuna: Bluefin & Albacore	1700	54-58
Sardines: Atlantic & Pacific	1100-1600	2
Oysters: Pacific	1550	2
Trout: Freshwater	1000-1100	11
Tuna: White (Albacore) canned	1000	40
Mussels: Blue	900	NA
Salmon: Pink & Sockeye	700-900	2
Squid	750	11
Pollock: Atlantic & Walleye	600	6
Marlin	250-1030	69
Crab: Blue, King, Snow, Queen, & Dungeness	200-550	9
Tuna: Skipjack & Yellowfin	150-350	31-49
Flounder, Plaice & Sole (Flatfish)	350	7
Clams	200-300	<1
Tuna: Light canned	150-300	13
Catfish	100-250	7
Cod: Atlantic & Pacific	200	14
Scallops: Bay & Sea	200	8
Haddock & Hake	200	2-5
Lobster: American	200	47
Crayfish	200	5
Tilapia	150	2
Shrimp	100	<1
Orange Roughy	42	80
Varieties that should not be consumed if pregnant/breastfeeding or by young children		
Shark	1250	151
Tilefish: Gulf of Mexico	1000	219
Swordfish	1000	147
Mackerel: King	450	110