

Choose fish carefully

Over time, mercury builds up in large fish that feed on smaller ones. Limit fish high in mercury. Examples of higher-mercury fish are:

Escolar	Marlin
Shark	Orange roughy
Swordfish	Tuna (fresh or frozen)

Choose a variety of lower-mercury fish often. See Healthy Fish Guide on the back of this handout.

Light tuna is lower in mercury

Canned Light Tuna is one way of getting the benefits of fish. Light tuna is generally lower in mercury than canned Albacore (White) Tuna. The safest choice for women of childbearing-age and children under 12 is canned Light Tuna.

Further information

For more information on mercury in fish, go to Health Canada's Web site at: www.hc-sc.gc.ca

Raw fish and sushi

Raw (sashimi) and undercooked fish and shellfish can carry harmful bacteria, viruses or parasites. Seniors, pregnant women, young children and people with weakened immune systems should avoid eating raw or undercooked fish or shellfish, including sushi. Sushi made with well-washed vegetables and/or cooked lower-mercury fish is fine for everyone.



Choose healthy fish

Canada's Food Guide recommends at least two servings of fish each week. Enjoy a variety of fish from this list.

Healthy Fish Guide

Anchovy	Haddock	Salmon
Basa	Hake	Sardines
Capelin	Herring	Scallops
Char	Mackerel (Atlantic)	Shrimp
Clams	Mussels	Smelt
Cod	Mullet	Sole
Crab	Oysters	Trout (Rainbow)
Flounder	Pollock	Tuna (Light, Canned)

It is important for women of child-bearing age, pregnant, or breastfeeding women and children under age 12 to choose fish from this list. For safe amounts check the Health Canada website: www.hc-sc.gc.ca

Alberta fish

Fish caught in Alberta lakes and rivers may contain mercury and other chemicals. To check the safety of sport fish caught in provincial waters go to the

Alberta Guide to Sportfishing Regulations website: www.albertaregulations.ca/fishingregs

or call

Alberta Health and Wellness: 1-780-427-4518

Catch the

Healthy Benefits of Eating Fish



Go for variety

Make it a habit to eat a variety of fish. Fish is a great source of many nutrients. Low in saturated fats, it is rich in protein and healthy fats. It is heart-healthy and good for brain and eye development.

Try the Herb-roasted fish one day and a salmon-salad sandwich another day. For more information contact your community health centre.



Eat fish

Everyone, including pregnant women, should eat fish and shellfish for the healthy benefits. Eating Well with Canada's Food Guide recommends at least two Food Guide servings of fish each week. Some fish are high in mercury, a chemical that can be harmful. Adults should carefully choose a variety of fish for themselves and their families. See the Healthy Fish Guide on the back of this handout.

Ensure healthy development

Women of child-bearing age, pregnant or breastfeeding women and children under age 12 should eat lower-mercury fish and shellfish for the many benefits. However, this group should limit higher-mercury fish such as: Escolar, Marlin, Orange roughy, Shark, Swordfish and Tuna (fresh or frozen).

Heart-healthy fish

Eating fish is good for your heart. Many recipes can be prepared quickly and easily. Baked, broiled, steamed and grilled fish is healthier than fried, sautéed or deep fried fish.



Herb-roasted fish

Use one single serving-sized fillet per person.
Place fillets in baking dish.

1. Sprinkle 1 tsp of tarragon over each fillet.
2. Sprinkle 1 tsp of basil over each fillet.
3. Drizzle 1 tsp of olive oil over each fillet.

Bake at 425°F for 15 minutes or until fish flakes easily.
Serve and enjoy.

A serving of fish

A serving is: 1/2 cup, 75 grams, 2.5 ounces, or a piece of cooked fish that fits into the palm of your hand.

Canada's Food Guide recommends at least two servings of a variety of fish each week.

