All you need to know about

Eating fish during

# pregnancy and breastfeeding

Is it safe to eat fish?

- Eating certain types of fish in the right amounts during pregnancy and breastfeeding is safe and healthy for you and your baby . Fish is an excellent source of protein, iron, and healthy fats. These nutrients are good for your unborn baby's development.

- Some types of fish contain metals such as mercury, which is easily absorbed by the body. Babies are sensitive to mercury and it can be dangerous when they are exposed to it in large amounts.

Which types of fish are safest to eat?

Choose these more often ✅

- Canned light tuna
- Salmon (especially wild salmon)
- Sole
- Pollock
- Flounder
- Herring
- Perch
- Goldeye
- White bass
- Carp
- Sucker
- Char
- Mackerel
- Trout
- Shrimp
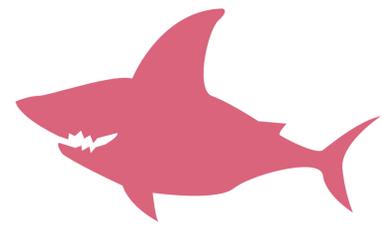- Clams
- Mussels
- Sardines
- Scallops
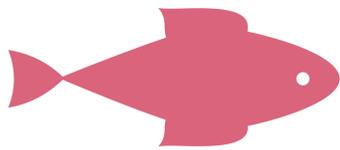
Limit these ⚠️

Limit canned albacore (white) tuna to 300 grams per week or 2 cans

Limit these to 150 g (1 cup) per month:

- Fresh or frozen tuna
- Escolar
- Orange Roughy
- Marlin
- Shark
- Sword fish

How much fish should I eat?

- Canada's Food Guide recommends eating at least 2 servings of fish each week

- One serving of fish is equal to 75 grams or 1/2 cup.

Top Tips! Cook fish and seafood thoroughly (including refrigerated smoked products) to reduce the risk of food poisoning.

Are fish oil supplements safe?

- Fish have healthy omega-3 fats known as EPA and DHA. These fats are good for you and your baby during pregnancy and breastfeeding.

- It is best to get your omega-3 fats from food. If you can't eat fish, try omega-3 eggs. If you are considering a supplement, talk to your health care provider.

- When choosing a fish oil supplement, look for one with a Natural Product Number (NPN) on the package. These are safe for pregnant women.

- Choose a supplement that has no more than 3 grams of EPA and DHA. This is the amount that is safe for pregnancy and breastfeeding.

- Do NOT take cod liver oil during pregnancy. It may contain unsafe levels of vitamin A.

Tuna or Salmon Cakes

Ingredients

- 1 egg
- 1 can (120 g) of flaked light tuna, drained OR 1 can salmon
- 8-10 whole wheat soda crackers, crushed OR 1/4 cup uncooked oats
- 1/4 cup chopped onions
- 1/4 cup shredded carrots
- 1/4 cup shredded cheese
- 2 Tbsp chopped parsley
- 1 Tbsp canola or olive oil
- Sprinkle of Dill (optional)
- Sprinkle of pepper

Instructions

1. Preheat oven to 400° F.

2. In a bowl whisk the egg.

3. Add the rest of the ingredients and mix together. If using salmon, crush the bones using a fork.

4. Divide the mixture into 4 parts. Form into balls and flatten into patties on a greased baking tray.

5. Bake for 10 minutes and then turn over and bake for another 5 minutes. Or instead of baking, turn the stove top to medium heat. Place a small amount of oil in a frying pan. Fry on both sides until browned.

Top Tips!

- Make salmon healthier by removing the skin before cooking
- Broil or barbecue fish instead of frying it, so the fat can drain off
- Crush the bones in canned salmon for extra calcium

Healthy Start for Mom & Me