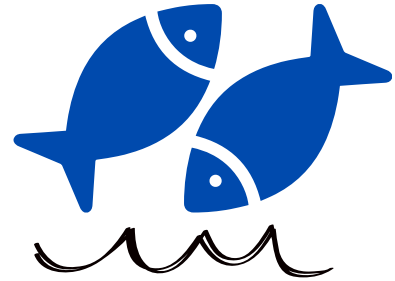


All you need to know about

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, vitamin D, 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 large amounts.

Which types of fish are safest to eat?

<u>White fish</u>	<u>Manitoba Lake Fish</u>	<u>Shellfish</u>	<u>Other Fish & Fish Products</u>
<ul style="list-style-type: none">• Basa• Cod• Haddock• Sole• Tilapia	<ul style="list-style-type: none">• Goldeye• Perch• Pike/Jack• Sucker• Trout• Walleye/Pickerel• White bass	<ul style="list-style-type: none">• Calamari (Squid)• Clams• Crab• Mussels• Scallops• Shrimp	<ul style="list-style-type: none">• Anchovies• Canned light tuna• Fish cakes• Fish sticks• Mackerel• Salmon• Sardines

Which Fish Should Be Limited?



Limit these fish to 150 grams (1 cup) per month:

- Fresh or frozen tuna
- Escolar
- Orange Roughy
- Marlin
- Shark
- Swordfish



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



Top Tips!

- Cook fish and seafood thoroughly (including refrigerated smoked products) to reduce the risk of food poisoning. The internal temperature for fish should be 70°C and 74°C for shellfish.
- Sushi made with raw fish is not safe to eat during pregnancy and breastfeeding. Safer sushi options include vegetable rolls and cooked rolls.

How much fish should I eat?

- Canada's Food Guide suggests that protein-rich foods, like fish, make up about a quarter of your plate. For more information check out <https://food-guide.canada.ca/en/>



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 to support the growth of baby's brain and tissues.
- 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 quick oats
- 1/4 cup chopped onions
- 1/4 cup shredded carrots
- 1/4 cup shredded cheese
- 2 Tbsp chopped parsley
- 1 Tbsp canola oil 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!

- Improve the taste of fish by preparing with lemon juice, herbs, like dill, and spices like curry.
- Crush the bones in canned salmon for extra calcium
- Broil, grill, bake, or poach fish more often
- Visit the Healthy Start website for more fish recipe ideas at www.hsmm.ca

