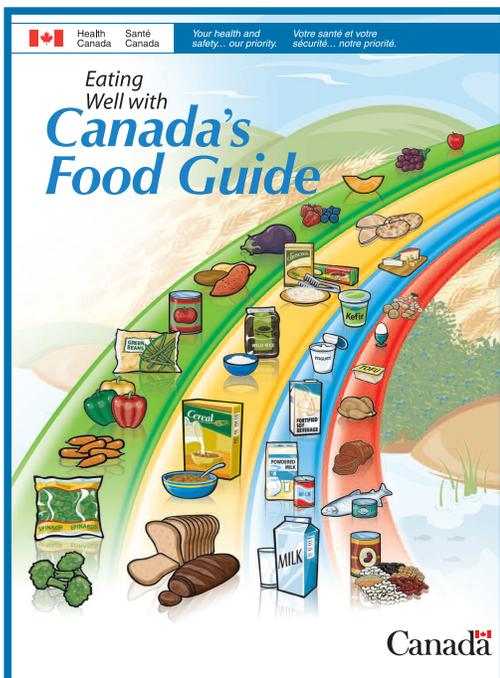


# FACTS on FISH

Fish offers many benefits when it is included in a balanced diet.

Fish is a healthy choice, but some fish are high in mercury and must be eaten with caution, especially by pregnant women and young children. This resource will help you to know which fish to choose most often and which fish to avoid.



## ***Eating Well with Canada's Food Guide***

recommends eating at least 2 servings of fish each week. This is especially important during pregnancy.

One serving of fish is equal to 75g (2½ oz) which is about the size of a deck of cards or 125mL (½ cup).

### **BENEFITS OF FISH:**

- ✓ Great source of protein
- ✓ Low in saturated fat\*
- ✓ Great source of omega 3 fatty acids\*\*

\*Saturated fats can raise cholesterol levels which leads to an increased risk of heart disease.

\*\*Omega 3 fatty acids promote healthy brain development. They also protect against heart disease.

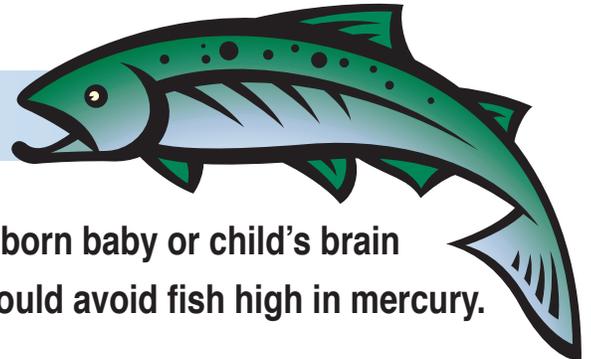
Choose fish that are high in omega-3 fats most often.  
These fish include:

- |          |            |            |
|----------|------------|------------|
| ✓ SALMON | ✓ HERRING  | ✓ CHAR     |
| ✓ TROUT  | ✓ MACKEREL | ✓ SARDINES |

# MERCURY IN FISH

Mercury gets into our rivers, lakes and oceans as a result of burning fossil fuels. Once mercury gets into the water, it turns into methylmercury, which is toxic. The toxin is then absorbed by fish and stored in the muscle.

## DANGERS OF MERCURY

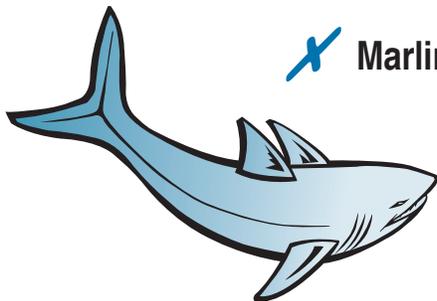


Exposure to mercury at certain levels can harm an unborn baby or child's brain development. Pregnant women and small children should avoid fish high in mercury.

**LARGE FISH STORE MORE METHYLMERCURY THAN SMALLER FISH.**

### FISH HIGH IN MERCURY:

- ✗ Shark
- ✗ Tuna Steaks
- ✗ Tilefish
- ✗ Swordfish
- ✗ Barracuda
- ✗ Sea Bass
- ✗ Marlin



### FISH TO CHOOSE OFTEN:

- ✓ Herring
- ✓ Char
- ✓ Tilapia
- ✓ Salmon
- ✓ Haddock
- ✓ Cod
- ✓ Sardines
- ✓ Pollock
- ✓ Trout
- ✓ Canned Light Tuna
- ✓ Atlantic Mackerel

## WHAT ABOUT CANNED TUNA?

Shipjack and Yellow Fin Tuna are fish low in mercury levels. Choose "flaked light" canned tuna over "solid white" canned tuna.

### SPORT FISH



For details about the safety of eating the fish you catch in Ontario Lakes, see the "Guide to Eating Sport Fish" available at [www.ene.gov.ca](http://www.ene.gov.ca) or by calling 1-800-820-2716