

FISH Project: Choosing Fish Low in Mercury

Examples of monthly fish choices for:
*Pregnant Women, Women who may become pregnant,
 and Children under age 15*



The meal plans offered in this table give you an example of how to plan fish meals that include northern Minnesota-caught fish that are low in mercury.

Month 1	Month 2
<p>1 meal of halibut AND</p> <ul style="list-style-type: none"> • Week 1: 2 meals of salmon (not Lake Superior) • Week 2: 1 meal of lake whitefish (Lake Superior) • Week 3: 1 meal of canned light tuna • Week 4: 1 meal of herring (Lake Superior) and 1 meal of tilapia 	<p>1 meal of northern pike (inland MN-caught) AND</p> <ul style="list-style-type: none"> • Week 1: 1 meal of salmon (not Lake Superior) and 1 meal of fast food fish sandwich • Week 2: 1 meal of menominee (Lake Superior) • Week 3: 1 meal of crab and 1 meal of salmon (not Lake Superior) • Week 4: 1 meal of herring (inland MN-caught)
Month 3	Month 4
<p>1 meal of MN-caught walleye AND</p> <ul style="list-style-type: none"> • Week 1: 1 meal of shrimp and 1 meal of tilapia • Week 2: 1 meal of splake (inland MN-caught) • Week 3: 1 meal of herring (Lake Superior) and 1 meal of cod • Week 4: 1 meal of salmon (not Lake Superior) and 1 meal of rainbow trout (inland MN-caught) 	<p>1 meal of canned white (albacore) tuna AND</p> <ul style="list-style-type: none"> • Week 1: 2 meals of salmon (not Lake Superior) • Week 2: 1 meal of lake whitefish (MN-caught) • Week 3: 1 meal of canned light tuna • Week 4: 1 meal of cod and 1 meal of tilapia

Note: Where the guidelines recommend one meal per week or month, you may prefer to have two smaller-sized meals over that week or month.



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<http://www.health.state.mn.us/divs/eh/fish/index.html>

How Much Fish Makes a Serving?

The amount of fish in a serving is based on the body weight of the person eating the fish.

If you weigh 150 pounds, you can have a serving of one-half pound (equal to eight ounces) of uncooked fish to stay within the MDH Safe-Eating Guidelines. Eight ounces of uncooked fish is equal to about six ounces of cooked fish.



Here are examples of some typical servings of fish:

- One piece of sushi is about one ounce.
- A fast food fish sandwich is typically between four and five ounces of cooked fish.
- The salmon in the picture above weighed six ounces before cooking, so it is about 4 ½ ounces cooked.

To adjust meal serving size for a heavier or lighter weight person, add or subtract one ounce of fish for every 20 pounds of body weight.

A Serving of Fish		
Body Weight	Weight in ounces of uncooked fish	Approximate weight after cooking
50	3	2.25
70	4	3
90	5	3.75
110	6	4.5
130	7	5.25
150	8	6
170	9	6.75
190	10	7.5
210	11	8.25

