



Fish Consumption Guide

Pre, During & Post Pregnancy



Docosahexanoic acid, or DHA, is a polyunsaturated fatty acid that helps support the healthy growth and development of baby's brain, eyes, and nervous system.^{1,2}



The first 1000 days - from pregnancy to age two - provide a critical time of brain growth and development. During pregnancy, DHA levels peak in the third trimester, when baby's brain and eyes rapidly develop. After birth and through infancy, DHA remains important to baby's brain and eye health development.^{1†}



Women of child-bearing age and pregnant women are advised to consume 8-12 ounces (2-3 servings) of lower-mercury fish every week, according to the latest dietary guidelines for Americans.³



Marine based sources (including algae) all contain DHA, although levels are highest in fatty fish such as wild salmon, tuna, sardines, and anchovies.

Governmental and professional organizations such as the Food and Drug Administration (FDA), U.S. Environmental Protection Agency (EPA) and the College of Obstetricians and Gynecologists (ACOG) provide the following recommendations on fish and shellfish consumption in pregnant and breastfeeding women.³⁻⁵

For women of childbearing age, especially pregnant and breastfeeding women:



Eating fish and shellfish when pregnant or breastfeeding can provide **multiple health benefits.**



Choose a variety of fish and shellfish that are lower in mercury found in the BEST CHOICE category below.



If you eat fish caught by family or friends, check for fish advisories regionally where you live. If there is no advisory, eat only one serving and no other fish that week.*



Eat 2-3 servings of fish or shellfish per week from the BEST CHOICES list below. Limit to 1 serving from the GOOD CHOICES list per week.



What is a serving? As a guide, use the palm of your hand. 1 serving = 4 oz

BEST CHOICES

Eat 2 to 3 servings a week

- Anchovy
- Atlantic mackerel
- Black sea bass
- Cod
- Lobster (American or Spiny)
- Oyster
- Salmon
- Sardine
- Scallop
- Shrimp
- Sole
- Squid
- Trout, freshwater
- Tuna, canned light
- Whitefish

GOOD CHOICES

Eat 1 serving a week

- Chilean sea bass
- Grouper
- Halibut
- Mahi mahi
- Snapper
- Spanish mackerel
- Tuna, albacore/white tuna
- Tuna, yellowfin

CHOICES TO AVOID

Highest mercury levels

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)
- Tuna, bigeye

Most Americans do not meet the fish intake recommendations above and research shows 71% of women of child-bearing age have omega-3 blood levels (EPA and DHA) below U.S. Dietary Guidelines recommendations.⁶ A daily prenatal supplement with at least 200 mg DHA, or a daily omega-3 supplement, should be considered if fish and seafood intake do not meet the recommendations above. The fish oil as DHA in Nature Made Prenatal and Postnatal supplements, as well as all Nature Made Fish Oil and Omega-3 supplements, undergoes state-of-the-art purification processes to remove mercury and other contaminants.

Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. **State advisories will tell you how often you can safely eat those fish.*

†State-of-the-art purification processes remove PCBs, dioxins and furans, and mercury to ensure purity levels below 0.09 ppm, 2 ppt WHO TEQs, and 0.1 ppm respectively.

‡These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

References

1. Cetin I, et al. *Curr Opin Clin Nutr Metab Care* 2008;11:297-302.
2. Koletzko B, et al. *J Perinat Med* 2008;36(1):5-14.
3. U.S. Dept of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th ed.
4. FDA and EPA. *Advice about eating fish*. Revised July 2019.
5. ACOG Practice Advisory. *American College of Obstetricians and Gynecologists*. January 2017.
6. Devarshi P, et al. *Nutrients*. 2019;11(5).

