

Choose the Right Fish to Eat

You and your growing baby need protein. Fish is a good source of protein. However, some fish are not safe to eat. You need to know how to choose the **right fish** to eat. Read this brochure to find out how.

Locally Caught Fish

If your family or friends like to catch fish in Rhode Island, and you eat the fish they catch, you need to know which fish are safe for you and your baby to eat. These fish are safe:

Flounder, haddock, and most other saltwater fish caught in Narragansett Bay or the ocean (except shark, swordfish, bluefish, or striped bass).

Clams, crabs, and other shellfish. Shellfish should be collected from approved areas. Remember to cook shellfish thoroughly before eating them.

Trout from stocked waters (any other freshwater fish are not safe to eat).

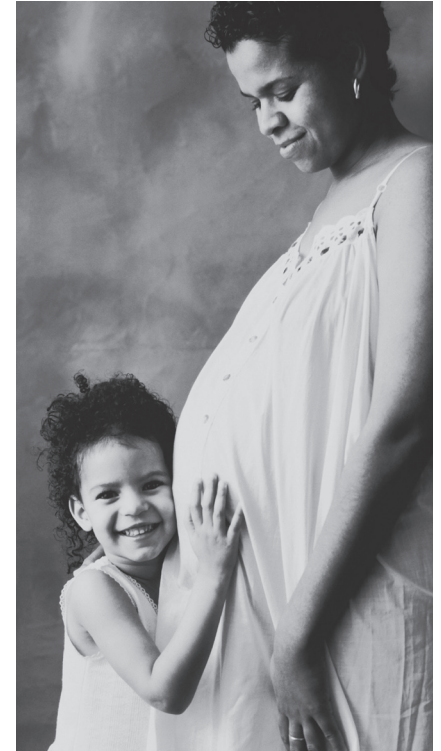


For more information, call the
Contaminants in Fish Hotline
1.800.942.7434
or visit
www.health.ri.gov/environment/risk/fish.php



Fish is Good

MERCURY IS BAD!



Advice for:

Women Who Are Pregnant
or Who May Become Pregnant

Nursing Mothers

Parents of Young Children

