



Dish Safer Fish

Serving low-mercury fish
... for your children's health.



Fish is a healthy food choice. But some fish contain mercury, a metal that can harm the developing brain.

Choose low-mercury fish to protect your children's health.

Especially when pregnant, avoid fish that are high in mercury, such as fresh tuna, shark and swordfish.



If you eat canned tuna, choose "light" over "white" (albacore). Light tuna contains less mercury.

If you fish in local waters, check fish advisories to make sure it is safe to eat. Questions? Ask your public health department.



Look for low-mercury fish, such as Atlantic mackerel, herring, rainbow trout, wild or canned salmon, and tilapia.



www.dishsaferfish.ca

canadian partnership for



children's
health & environment

www.healthyenvironmentforkids.ca