Fish provide key nutrients that support a child's brain development.

## Why is Fish Nutritious for Children?

Fish provide key nutrients that support a child's brain development:









- Choline also supports development of the baby's spinal cord.
- Iron and zinc support children's immune systems.
- Fish are a source of other nutrients like protein, vitamin B12, vitamin D, iodine, and selenium, too.



# **How Much Should My Child Eat?**

Eat 2 servings a week from the "Best Choices" list.

### A serving is about:

1 ounce - age 1 to 3

2 ounces - age 4 to 7

3 ounces - age 8 to 10

4 ounces - age 11

Younger kids can eat fish too. You can introduce nutritious foods like fish to complement breast milk or infant formula in your baby's diet once they are about 6 months of age.

# What Kind of Fish Should My Child Eat?

Include a variety of "Best Choices" fish, which are lower in mercury, in your child's diet.



## **Best Choices\***

Herring

Mullet

Oyster

American

and spiny

Pacific chub

and ocean

Pickerel

• Perch, freshwater

mackerel

- Anchovy
- Atlantic croaker Lobster,
- Atlantic mackerel
- Black sea bass
- Butterfish
- Catfish
- Clam
- Cod
- Crab Crawfish
- Flounder
- Hake
- Haddock
- Plaice
- Pollock
- Salmon
- Sardine

- Scallop
- Shad
- Shrimp
- Skate
- Smelt
- Sole
- Squid
- Tilapia
- Trout, freshwater
- Tuna, canned light (includes skipjack)
- Whitefish
- Whiting

<sup>\*</sup>The "Best Choices" list of fish shown above is one of three categories of fish in this advice. The <u>full chart</u> describes "Best Choices," "Good Choices," and "Choices to Avoid."

