

Guide to Eating Fish Safely for Alaska Women and Children

Mix and match your fish meals* for up to:

**12 POINTS
PER WEEK**

* A **meal size** is 6 ounces (uncooked weight) for adults and 3 ounces for children age 12 years and under.

Alaska fish is good for you. State health officials recommend that everyone eat fish at least twice a week. All fish contain some level of mercury, a toxic metal that can harm the developing nervous systems of unborn babies and young children.

Women who are or can become pregnant, nursing mothers and children 12 and under should follow these guidelines to limit their mercury intake. Everyone else can eat as much seafood as they like.

PER MEAL
0
Points

Unlimited amounts

- All species of AK salmon
- AK halibut under 20 pounds
- AK lingcod under 30 inches
- AK Pacific cod
- AK black rockfish
- AK walleye pollock
- Canned chunk light tuna
- AK Pacific ocean perch

PER MEAL
3
Points

- AK halibut 20–39 pounds
- All store-bought AK halibut
- AK rougheye rockfish
- AK lingcod 30–39 inches
- AK black cod (sablefish)

PER MEAL
4
Points

- AK halibut 40–49 pounds
- Canned albacore tuna

PER MEAL
6
Points

- AK halibut 50–89 pounds
- AK lingcod 40–44 inches
- AK yelloweye rockfish

PER MEAL
12
Points

- AK halibut 90 pounds or more
- AK lingcod 45 inches or more
- AK salmon shark
- AK spiny dogfish

Eat a **variety** of fish and other seafood as part of a balanced diet.

Avoid these fish: tilefish, king mackerel, swordfish, and shark



For more information:
www.epi.hss.state.ak.us/
(907) 269-8000

