

Why Pregnant and Nursing Women Need Clear Guidance on THE NET BENEFITS OF EATING FISH

2 to **3** servings per week of properly cooked fish can provide health benefits for pregnant women and babies alike:



Iron



Omega 3 fatty acids



Earlier Milestones for Babies



shrimp



salmon



canned light tuna



pollock



cod



tilapia



catfish



But **mixed messages** from the media and regulatory agencies cause pregnant women to sacrifice those benefits by eating less fish than recommended.



GET THE FACTS
ON FISH CONSUMPTION
FOR PREGNANT
WOMEN, INFANTS,
AND NURSING MOMS.

