

# 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

canned light tuna

cod

catfish

salmon

pollock

tilapia

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.