



PREGNANT PATIENT TABLE FOR FOOD CONSUMPTION
Adapted from the FDA, 2004

FISH TO AVOID:

MACKEREL-KING
SHARK

SWORDFISH
TILEFISH

FISH TO CONSUME:

BASS
CATFISH
CLAMS
COD
CRAB (BLUE, KING, SNOW)
CRAWFISH
FLATFISH
HADDOCK
HALIBUT
LOBSTER
MONKFISH
OYSTERS
PERCH

POLLACK
SALMON
SARDINES
SCALLOPS
SHAD
SHRIMP
SKATE
SNAPPER
SQUID
TILLAPIA
TROUT
TUNA (CANNED CHUNK LIGHT)
WEAKFISH

**FISH TO CONSUME IN MODERATION:
(1-2 SERVINGS PER WEEK)**

BLUEFISH
GROUPE
LOBSTER
MARLIN

ORANGE ROUGHY
TUNA (ALBACORE)
TUNA (FRESH/FROZEN)