



Buy This and Say Bye-Bye to That Shopping for Fish

Buy	Bye- Bye
For children and pregnant women, buy fish that are lower in mercury content (Please refer to the website to determine these specific types of fish).	Children and pregnant women should decrease purchasing of fish with that are suspected to contain a higher mercury content (Please refer to resource on website).
Wild-caught salmon	Farm-raised salmon
Wild-caught and line-caught, as much as possible, of any type of fish.	Limit, as much as possible, farmed-raised fish. *Refer to note below.
Fish that are a good source of omega-3 fatty acids.	Omega-3 supplements (unless otherwise indicated by your doctor).
Canned seafood free of additives and preservatives (ex. tuna, sardines, wild-caught salmon).	Canned seafood that contains additives and preservatives.

***Note:** If choosing farmed raised fish, North American is better than North Atlantic. And, as a guide, consume no more than three times per week.