

# Eating Fish Safely

## Guidelines for Alaska Women and Children

Mix and match your fish meals for up to:

**12 POINTS PER WEEK**

Note: A **meal size** is 6 ounces, uncooked weight (or roughly the size of two decks of cards).

**A**laska fish is rich in nutrients and good for you. State health officials recommend that everyone eat fish at least twice per week. However, all fish contain some mercury, a toxic metal that can harm the developing nervous systems of unborn babies and children. Because of this, women who are or can become pregnant, nursing mothers and children should follow these guidelines to limit their mercury intake. Everyone else can eat as much seafood as they like.

PER MEAL  
**0**  
Points

### Unrestricted amounts

Arctic Cisco	Pacific Ocean Perch
Big Skate	Rainbow Trout
Black Rockfish	Rougheye Rockfish
Broad Whitefish	Sablefish
Dolly Varden	Salmon, Chinook (King)
Dusky Rockfish	Salmon, Chum
Grayling	Salmon, Pink
Halibut <40 pounds	Salmon, Red (Sockeye)
Humpback Whitefish	Salmon, Silver (Coho)
Least Cisco	Sheefish
Lingcod <35 inches	Walleye Pollock
Pacific Cod	

PER MEAL  
**3**  
Points

Halibut 40–80 pounds  
Lake Trout  
Lingcod 35–40 inches

PER MEAL  
**4**  
Points

Halibut 80–140 pounds  
Lingcod 40–45 inches  
Longnose Skate

PER MEAL  
**6**  
Points

Yelloweye Rockfish  
Halibut 140–220 pounds

PER MEAL  
**12**  
Points

Halibut >220 pounds  
Lingcod >45 inches  
Salmon Shark  
Spiny Dogfish

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



For more information, go to:  
[www.epi.hss.state.ak.us/](http://www.epi.hss.state.ak.us/)  
or call (907) 269-8000

