Alaska 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.

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).

PER MEAL
0 Points
Arctic Cisco
Big Skate
Black Rockfish
Broad Whitefish
Dolly Varden
Dusky Rockfish
Grayling
Halibut <40 pounds
Humpback Whitefish
Least Cisco
Lingcod <35 inches
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

Unrestricted amounts
Pacific Ocean Perch
Rainbow Trout
Rougheye Rockfish
Sablefish
Salmon, Chinook (King)
Salmon, Chum
Salmon, Pink
Salmon, Red (Sockeye)
Salmon, Silver (Coho)
Sheefish
Walleye Pollock

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

For more information, go to: http://dhss.alaska.gov/dph/Epi/eph/Pages/fish/default.aspx or call (907) 269-8000