Eating seafood during pregnancy is an excellent way to get the nutrients you and your baby need. Seafood is one of the only foods rich in a healthy oil called omega-3 DHA, which is needed for your baby’s brain and eye development. Other nutrients found in seafood—including protein, calcium, vitamin D and iron—help build bones and muscles.

**Benefits for Babies**

Research shows that moms-to-be who eat fish 2-3 times each week during pregnancy have babies who reach milestones like these more quickly:

- Climbing stairs
- Copying sounds
- Drinking from a cup

The most popular types of seafood in the U.S. are all safe and healthy to eat during pregnancy.

1. Shrimp
2. Salmon
3. Canned/Pouched Tuna
4. Tilapia
5. Pollock
6. Pangasius
7. Cod
8. Crab
9. Catfish
10. Clams

These rarely eaten fish are the **ONLY ONES YOU SHOULD AVOID DURING PREGNANCY** due to their higher mercury content:

- King mackerel
- Tilefish
- Shark
- Swordfish
- Bigeye tuna (found in sushi)
- Marlin
- Orange roughy

For more pregnancy information, recipes and meal ideas, visit fishduringpregnancy.com.