

**Client:** NSW Food Authority  
**Job:** Mercury in Fish Card  
**Stage:** Final Layout  
**Trim Size:** 110mm wide x 90mm high  
**Fold Size:** 55mm wide x 90mm high  
**Colours:** prints 2 colours PMS 201 and Black  
**Stock:** 250gsm silk art  
**Date:** 08/03/05

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A healthy fish message for women planning pregnancy and mums to be...



For further information 1300 552 406  
[www.foodauthority.nsw.gov.au](http://www.foodauthority.nsw.gov.au)



**Fish are full of many nutritional benefits for pregnant women and young children.**

Fish are a valuable source of protein, minerals, vitamin B12, iodine and are low in saturated fat and contain omega-3 fatty acids. Omega 3 fatty acids are important for the development of the central nervous system in babies, before and after they are born.

But eating too much of a good thing when you are a soon-to-be mum or breastfeeding can be bad. That's because some fish contain mercury levels that may harm an unborn baby or young child's developing nervous system.

The good news is you can receive all the benefits of eating fish without the risk if you follow some simple dietary advice.

Most fish in Australia have low mercury levels. The following table will help you safely include fish as an important part of a balanced diet.

Pregnant & breastfeeding women & women planning pregnancy 1 serve equals 150g	Children (up to 6 years) 1 serve equals 75g
2 – 3 serves per week of any fish and seafood not listed below	
OR	
1 serve per fortnight of Shark (Flake) or Billfish (Broadbill, Swordfish and Marlin) and no other fish that fortnight	
OR	
1 serve per week of Orange Roughy (Deep Sea Perch) or Catfish and no other fish that week	

Source: Food Standards Australia New Zealand.