

# Eating Fish Safely.

## GUIDELINES FOR ALASKA WOMEN AND CHILDREN

Mix and match your fish meals for up to:

# 12 POINTS PER WEEK

Alaska fish is rich in nutrients and good for you. State health officials recommend that everyone eat fish at least twice per week. All fish contain some mercury, a naturally occurring element that, in high amounts, can potentially impact 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.

### NOTE:

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



Points per meal

0

### Unrestricted Amounts

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

Points per meal

2

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

Points per meal

6

Yelloweye Rockfish  
Halibut 140–220 pounds

Points per meal

4

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

Points per meal

12

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:  
or call (907) 269-8000

