


THE PREGNANT WOMAN'S GUIDE TO EATING SEAFOOD





Eating seafood during pregnancy is a good 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. Omega-3 DHA 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. This guide will show you tasty ways to meet your seafood needs so you and your baby can maximize the many benefits of fish.

When you are pregnant, aim to eat a variety of cooked seafood 2-3 times each week.

ARE SEAFOOD AND FISH THE SAME?

Both words are used in this guide to mean all seafood, including fish and shellfish.

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

6 MONTHS



Copy
sounds



Hold up
head



Recognize
family

18 MONTHS



Climb
stairs



Drink from
a cup



Draw

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

Women who are pregnant or breastfeeding can eat both white (albacore) and light canned/pouched tuna as part of a variety of their 2-3 servings of seafood each week.

TOP 10 SPECIES OF SEAFOOD CONSUMED BY AMERICANS



1. Shrimp



2. Salmon



3. Canned/
Pouched
Tuna



4. Tilapia



5. Pollock



6. Pangasius



7. Cod



8. Crab



9. Catfish



10. Clams

The following fish should be avoided because they are higher in mercury, which can be harmful at very high levels.

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

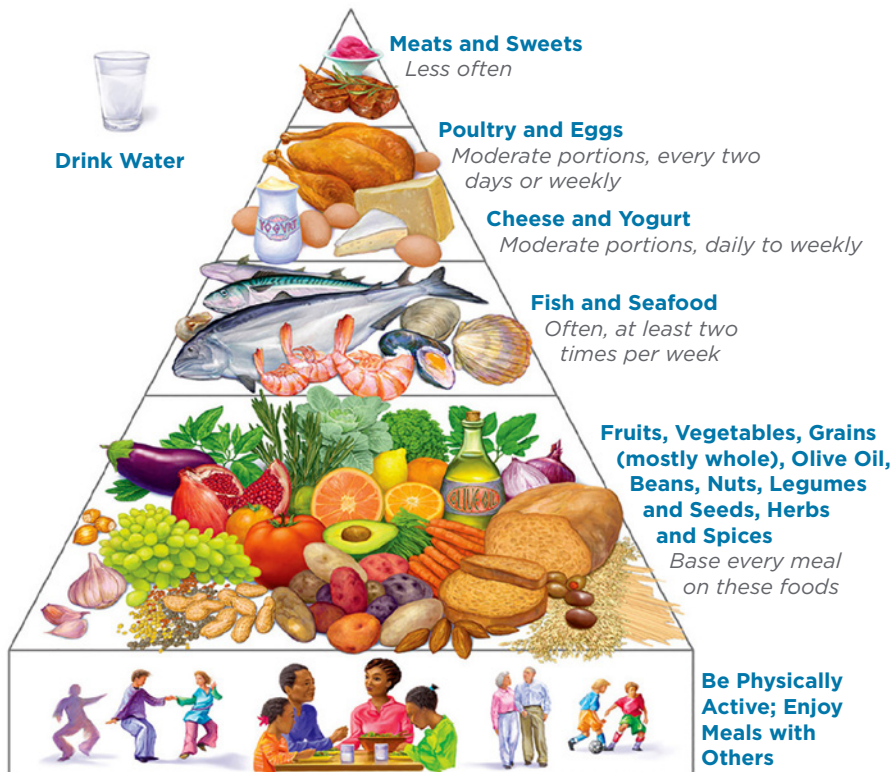
Most Americans do not typically eat these fish, and there are many other seafood options you can enjoy.

For the general population, there are **no types** of commercial seafood to avoid.

Simply eat a variety of seafood each week to reap the range of nutrients in different types of fish.

To get the nutrients you and your baby need, it's important to eat a variety of foods that are full of vitamins and minerals.

The Mediterranean Diet Pyramid shows examples of delicious and healthy food choices, including seafood.



Experts recommend the following weight gain for moms-to-be:

PREGNANCY WEIGHT	RECOMMENDED WEIGHT GAIN*
Underweight	28 to 40 lb.
Normal weight	25 to 35 lb.
Overweight	15 to 25 lb.
Obese	11 to 20 lb.

Talk to your doctor about your healthy weight gain goals before and during pregnancy.

*If pregnant with twins or other multiples, talk to you doctor about your recommended weight gain.

MOST WOMEN ONLY NEED ABOUT 300-400 EXTRA CALORIES A DAY DURING PREGNANCY.

These extra calories should come from a variety of healthy foods, like the following snack examples:

CRAVING SOMETHING **SAVORY?**



$$1 \text{ canned/pouched tuna} + \frac{1}{2} \text{ an avocado} + \frac{1}{2} \text{ a whole grain English muffin}$$

=400 Calories

CRAVING SOMETHING **TART, SALTY AND SWEET?**



$$1 \text{ orange} + 20 \text{ almonds} + 1 \text{ square of dark chocolate}$$

=350 Calories

CRAVING SOMETHING **SWEET?**



$$1 \text{ cup vanilla yogurt} + 1 \text{ cup strawberries}$$

=300 Calories

Seafood Out and About

SUSHI

Sushi is generally safe to eat during pregnancy—but stick with sushi that includes vegetables and **cooked seafood**. As with cooked fish, pregnant women should avoid sushi that contains shark, swordfish, king mackerel, tilefish, bigeye tuna, marlin and orange roughy. To reduce your risk of getting sick from food during pregnancy, **do not eat any raw meats or raw seafood**.

There are many kinds of cooked sushi. Just be sure to ask your server for cooked sushi and look for the “cooked” sticker when buying sushi from a grocery store.



Seafood Out and About

EATING OUT

Seafood can be a healthy choice when eating out. If you're still learning how to cook fish at home, work towards the goal of eating seafood 2-3 times each week by ordering it at restaurants. In addition to cooked sushi, look for the following popular and healthy seafood menu items:

- Seafood tacos
- Fish burgers and sliders
- Seafood pasta
- Shrimp stir-fry
- Mac-n-cheese with lobster, tuna or salmon
- Grilled fish kabobs



Seafood Out and About

IN THE STORE

Seafood contains nutrients you and your baby need, whether it is fresh, frozen, or canned. Frozen fish is quickly frozen at its peak freshness, meaning that the nutrients are sealed in. Thaw fish properly for optimal safety, texture and taste.

- When you buy cold items, like fresh fish, purchase them last so they stay cool longer.
- It's best to thaw frozen seafood in the refrigerator overnight. If you need to thaw quickly, place frozen seafood in a sealed plastic bag and immerse in cold water for a short time.



Ideas for Lunch, Dinner and Snacks

LUNCH



FISH NACHOS

Tortilla chips + Tilapia, pollock, or other white flaky fish + Shredded cheese + Mango salsa + Guacamole



SALMON MAC-N-CHEESE

Mac-n-cheese + Salmon + Broccoli

DINNER



TROUT RICE BOWL

Trout + Olive oil + Lemon + Wild rice + Asparagus



SHRIMP PASTA

Shrimp + Feta cheese + Cherry tomatoes + Whole wheat pasta + Kale



CLAM PIZZA

Canned clams + Spinach + Mozzarella Cheese + Olive Oil + Whole grain pizza dough



ROASTED SALMON & VEGGIES

Salmon + Honey glaze + Sweet potato + Cauliflower

SNACKS



TUNA SALAD

Tuna + Mayonnaise or yogurt + Dried cranberries + Apple slices



CRAB QUESADILLA

Canned crab + Cheddar Cheese + Avocado + 2 Corn tortillas

AFTER YOUR BABY ARRIVES

While you're adjusting to your new life and little one, it may seem tough to eat well and care for a newborn. The following tips will help nourish you and your baby when you are breastfeeding.

500
CALORIES

Breastfeeding moms need about **500 extra calories a day**, but let hunger be your guide.



Aim to drink **non-sweetened beverages like water** (toss in fruit for flavor) each time you nurse your baby.



Breastfeeding moms need plenty of protein and healthy omega-3 fats. A tasty way to get both is to eat **2-3 seafood meals each week.**

AS YOUR BABY GROWS

Pediatricians recommend **introducing soft solid foods, including fish, into your child's diet around 6 months**. Unless your family has a history of food allergies, the latest science shows there is no need to delay the introduction of fish beyond 6 months. Offer your baby one new food at a time, and wait a few days to watch for any allergic reactions before introducing another food.

By introducing healthy foods to your child early on, you are helping your child develop good habits for later in life. One of these habits is eating seafood regularly. **Children should eat 2-3 servings of seafood each week** in age-appropriate portions to match their calorie needs.

Sources:

- Scientific Report of the 2015 Dietary Guidelines Advisory Committee
- Dietary Guidelines for Americans 2015-2020
- National Institute of Science, Engineering and Medicine
- Academy of Nutrition and Dietetics
- American Academy of Pediatrics
- World Health Organization

YOUR PREGNANCY PANTRY

Here's a list of ingredients used to make the meals and snacks in this guide. Be sure to add these to your grocery list:

SHELF-STABLE FOODS

SEAFOOD

- Canned clams
- Canned crab
- Canned/pouched salmon
- Canned/pouched tuna

OTHER

- Almonds
- Chocolate
- Dried cranberries
- Honey
- Mac-n-cheese
- Mayonnaise
- Olive oil
- Rice
- Salsa
- Tortilla chips
- Whole wheat pasta

PERISHABLE FOODS

SEAFOOD (FRESH OR FROZEN)

- Catfish
- Clams
- Cod
- Crab
- Pangasius
- Pollock
- Salmon
- Shrimp
- Tilapia

BAKERY AND DAIRY

- Butter
- Cheese: feta and shredded mozzarella and cheddar
- Pizza dough or crust
- Tortillas
- Whole-grain English muffin
- Yogurt: plain and vanilla

PRODUCE

- Apples
- Avocado
- Asparagus
- Cauliflower
- Broccoli
- Kale
- Lemons
- Oranges
- Strawberries
- Sweet potatoes

Several pregnancy and nutrition experts came together to share the advice found in this guide. We encourage you to visit the web sites below for more information on the benefits of seafood and pregnancy nutrition.



dishonfish.com



expectinghealth.org

NATIONAL
FISHERIES
INSTITUTE

fishduringpregnancy.com