

WARNING!

Nearly all fish and seafood contain some amount of mercury and related compounds, chemicals known to the State of California to cause cancer, and birth defects or other reproductive harm. Certain fish contain higher levels than others.

Pregnant and nursing women, women who may become pregnant, and young children **should not eat** the following fish:

SWORDFISH · SHARK · KING MACKEREL · TILEFISH



They should also limit their consumption of other fish, including **fresh or frozen tuna**.

Fish and seafood can be an important source of nutrients and an important part of a balanced diet. However, the federal Food and Drug Administration advises pregnant and nursing women and women who may become pregnant to limit their consumption of fish to no more than 12 ounces per week.

Fish that tend to have little or no mercury include salmon (fresh, frozen, or canned), shrimp, and scallops. Mercury levels in canned tuna vary, but on average are lower than levels in many other fish. Chunk or chunk light tuna has less mercury than solid white or chunk white tuna.

The California Department of Health Services ("DHS") recommends certain steps you can take to reduce mercury exposure:

- Eat a variety of different types of fish;
- Eat smaller fish rather than older, larger fish;
- Begin following these guidelines one year before becoming pregnant.

For more information consult the following websites:

U.S. Food and Drug Administration ("FDA")

www.cfsan.fda.gov

U.S. Environmental Protection Agency

www.epa.gov/mercury

California Department of Health Services

www.dhs.ca.gov/ps/dencode/ehib/ehib2/topics/mercury_in_fish.html

or call the FDA toll-free at 1-888-SAFEFOOD (1-888-728-3366).