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. However, all fish contain some mercury, a toxic metal that can harm 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 a deck of cards).

- **3 Points**
  - Halibut 40–80 pounds
  - Lake Trout
  - Lingcod 35–40 inches

- **4 Points**
  - Halibut 80–140 pounds
  - Lingcod 40–45 inches
  - Longnose Skate

- **6 Points**
  - Yelloweye Rockfish
  - Halibut 140–220 pounds

- **12 Points**
  - Halibut >220 pounds
  - Lingcod >45 inches
  - Salmon Shark
  - Spiny Dogfish

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

Eat a variety of fish and other seafood as part of a balanced diet.

For more information, go to:
www.epi.hss.state.ak.us/
or call (907) 269-8000