



Fish Consumption Guide: Pre, During, & Post Pregnancy

The **last trimester of pregnancy** and first six months of postnatal life are **critical periods for the baby to accumulate DHA** in the brain and retina.²



DHA, or docosahexanoic acid, is a polyunsaturated fatty acid that **helps support the healthy growth and development** of a baby's brain and eyes.^{1†}

Women of child-bearing age and pregnant women are **advised to consume 8-12 ounces (2-3 servings) of lower-mercury fish every week**, according to the latest dietary guidelines for Americans.³



Fatty fish, such as salmon, halibut and sardines are **excellent dietary sources of the omega-3 DHA**.

The Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA) provided **recommendations on fatty fish consumption in pregnant and breastfeeding women**.⁴ The American College of Obstetricians and Gynecologists reviewed and agreed with these recommendations.⁵

For women of childbearing age, especially pregnant and breastfeeding women:

Eat **2 to 3 servings of fish per week** from the "Best Choices" list OR 1 serving from the "Good Choices" list.

Eat a **variety of fish**.

If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week. *

BEST CHOICES	GOOD CHOICES	CHOICES TO AVOID
Eat 2 to 3 servings a week	Eat 1 serving a week	Highest mercury levels
<ul style="list-style-type: none"> ● Anchovy ● Atlantic mackerel ● Black sea bass ● Cod ● Salmon ● Sardine ● Sole ● Tilapia ● Trout, freshwater ● Tuna, canned light ● Whitefish 	<ul style="list-style-type: none"> ● Chilean sea bass ● Grouper ● Halibut ● Mahi mahi ● Snapper ● Spanish mackerel ● Tuna, albacore/white tuna ● Tuna, yellowfin 	<ul style="list-style-type: none"> ● King mackerel ● Marlin ● Orange roughy ● Shark ● Swordfish ● Tilefish (Gulf of Mexico) ● Tuna, bigeye

Most Americans do not meet these fish intake recommendations and consume about 4 ounces of fish per week.⁶ The fish oil as DHA in Nature Made Prenatal + DHA and Postnatal + DHA softgels, as well as all Nature Made Fish Oil supplements, undergoes state-of-the-art purification processes to remove mercury.[†] **Pregnant or breastfeeding women should take a prenatal multivitamin supplement with the recommended 200 mg DHA per day to ensure they are meeting their recommended intake to support baby's development.**[†]

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. **State advisories will tell you how often you can safely eat those fish.**

†State-of-the-art purification processes remove PCBs, dioxins and furans, and mercury to ensure purity levels below 0.09 ppm, 2 ppt WHO TEQs, and 0.1 ppm respectively.

1. Koletzko B, Lien E, Agostini C, et al. The roles of long-chain polyunsaturated fatty acids in pregnancy, lactation, and infancy: review of current knowledge and consensus recommendations. J Perinat Med. 2008;36(1):5-14.

2. Guesnet P, Alessandri JM. Docosahexaenoic acid (DHA) and the developing central nervous system (CNS) - Implications for dietary recommendations. Biochimie. 2011;93(1):7-12.

3. U.S. Department of Health and Human Services and U.S. Department of Agriculture 2015-2020 Dietary Guidelines for Americans. 8th Edition, December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

4. Advice about eating fish, from the Environmental Protection Agency and Food and Drug Administration revised fish advice, availability. Fed Regist 2017;82:6571-6574.

Available at: <https://www.federalregister.gov/documents/2017/01/19/2017-01073/advice-about-eating-fish-from-the-environmental-protection-agency-and-food-and-drug-administration>.

5. American College of Obstetricians and Gynecologists. ACOG Practice Advisory: Update on Seafood Consumption During Pregnancy. American College of Obstetricians and Gynecologists. January 2017. Available at: <https://www.acog.org/Clinical-Guidance-and-Publications/Practice-Advisories/ACOG-Practice-Advisory-Seafood-Consumption-During-Pregnancy?IsMobileSet=false>.

6. Papanikolaou Y, Brooks J, Reider C, et al. U.S. adults are not meeting recommended levels for fish and omega-3 fatty acid intake: results of an analysis using observational data from NHANES 2003-2008. Nutr J. 2014;13:31.