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To Our Obstetric Patients:

Recent concerns in regard to the content of mercury in fish have prompted new FDA recommendations. The neurological development of a fetus or newborn can be affected by mercury. Therefore, the FDA has recommended that the following fish be avoided by women who are pregnant or breast-feeding, due to their high content of mercury:

King Mackerel
Swordfish
Shark
Tile Fish

Fish is still considered to be part of a healthy, low-fat diet. The FDA recommends two (2) servings or twelve (12) ounces per week of fish that are considered to be low in mercury. These include shrimp, canned light tuna, salmon, Pollock, and catfish. Albacore and white tuna have a higher mercury level than does light tuna, and should therefore be limited to six (6) ounces per week.

Precautions may also be needed regarding locally-caught fish. Fish caught in local rivers, lakes, or streams should be limited to six (6) ounces per week, and no other fish should be consumed that week.

Following these recommendations may help reduce the risk of neurologically-damaging mercury levels.

Please direct any specific concerns to your healthcare provider.

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