It's impossible to see the difference at the grocery store.

BE HEALTHY. Eating the rights kinds of fish supports healthy growth and development, especially for kids. Seafood is:
- High in vitamins, minerals, lean protein, fatty acids
- Low in saturated fats

BE SAFE. Seafood can contain toxic chemicals like mercury and PCBs. Eating seafood high in contaminants can lead to health issues (like cancer and can affect growth and brain development in children)
- Toxic pollutants can enter local waterways and build up in fish through the process of bioaccumulation.
- When we eat seafood, we ingest these contaminants that build up in our own bodies over time.
- Some people, including pregnant women and kids, are more susceptible to contaminants

BE SMART. Check seafood advisories to find out which species, how much and how often is safe to eat seafood. Whether you're going fishing, out to eat or to the grocery store, make sure the fish you eat is healthy and safe!

KidSafe
S E A F O O D
The Healthiest Fish in the Sea

A program of
SeaWeb

National Marine Sanctuary Foundation