

# SEAFOOD CONSUMPTION RECOMMENDATIONS

## USDA, FDA, AND MA DIVISION OF MARINE FISHERIES



Seafood is an excellent source of low-fat protein, omega-3 fatty acids, vitamins, and minerals. Massachusetts lands over 30 varieties of heart-healthy seafood - **aren't we lucky!**

**Adults** should eat seafood at least twice a week: four ounces per serving of a variety of species.



**Children** as young as six months should eat seafood twice a week: one to four ounces per serving of a variety of species, depending on age.



**Pregnant women** and breastfeeding mothers should eat seafood at least twice a week: four ounces per serving of a variety of cooked species low in mercury.\*



**\*Seafood provides important nutrients that support fetal brain development. See: [dietaryguidelines.gov](https://www.dietaryguidelines.gov). Local species considered high in mercury include striped bass, swordfish, large tunas, and shark.**