

List of recommended species of fish and species to avoid during pregnancy and lactation

Best Choices

Consume:

- ✓ variety of "suggested species", preferably fresh
- ✓ up to 450 grams of cooked fish per week, divided into 2-3 portions

Suggested Species:

- | | |
|-----------------|------------------|
| ✓ Sardine | ✓ Gilthead Bream |
| ✓ Anchovy | ✓ Bass |
| ✓ Sand Smelt | ✓ Trout |
| ✓ Salmon | ✓ Squid |
| ✓ European Hake | ✓ Octopus |
| ✓ Picarel | ✓ Cuttlefish |
| ✓ Red Mullet | ✓ Mussels |
| ✓ Boque | ✓ Oyster |
| ✓ Solea | ✓ Shrimps |

Avoid to consume

Species to avoid consumption:

- | | |
|------------------------------|---------------|
| ✗ Swordfish | ✗ Fresh Tuna |
| ✗ Redfish | ✗ Canned Tuna |
| ✗ School Shark | ✗ Pangasius |
| ✗ Other Shark species | |
| ✗ Raw fish and raw shellfish | |

Fish species not mentioned above can be eaten occasionally, up to 1 serving of 150 g per week

The European Partnership HBM4EU



The European Partnership "HBM4EU" is co-financed by the European Commission and the national governments of 30 European countries, with the aim of protecting public health by limiting human exposure to hazardous chemicals. It runs from 2017-2022. It is based on the collaboration of scientists and citizens, who provide voluntary biological samples and related information under strict bioethics and personal data protection protocols, for reliable assessment of human exposure to chemicals and ways to limit this exposure. The results are being used to support improved public health policies in Europe.



The "HBM4EU-mom" project aims to develop fish consumption recommendations for a healthy pregnancy, by limiting prenatal exposure to mercury. It is coordinated by the Ministry of Health of Cyprus (State General Laboratory) and the Aristotle University of Thessaloniki. It is implemented in five coastal European countries.

Contact Info:

Cyprus:

Dr. Andromachi Katsonouri Sazeides,
State General Laboratory, Cyprus Republic
Tel. +357 22805015, akatsonouri@sgl.moh.gov.cy

Greece:

Prof. Denis Sarigiannis,
Aristotle University of Thessaloniki,
Tel. +30-2310-994562, sarigiannis@auth.gr



Γενικό Χημείο του Κράτους
State General Laboratory



Because you want
the best start for your baby,
take care of your diet
during pregnancy and lactation



HBM4EU-MOM

Find out:

- why should your diet include fish
- ✓ what fish species to consume
- ✗ what fish species to avoid



Το έργο HBM4EU έχει λάβει χρηματοδότηση από το Πρόγραμμα έρευνας και καινοτομίας «Ορίζοντας 2020» της Ευρωπαϊκής Ένωσης στο πλαίσιο της συμφωνίας Επιχορήγησης αριθ. 733032.

Pregnancy and Healthy Eating

Healthy eating is very important during pregnancy and lactation as

- ✓ provides your baby with all the nutrients he needs for proper development
- ✓ meets your increased needs for energy and nutrients
- ✓ can keep the weight of the fetus and yours at normal levels
- ✓ keeps you healthy, strong and shiny

Why should pregnant women eat fish during pregnancy and lactation?

Fish is an important part of a balanced and healthy Mediterranean diet.

The European Food Safety Authority (EFSA) has connected regular fish consumption during pregnancy with:

- ✓ benefits on the neurological development of children
- ✓ lower risk of adult mortality due to coronary heart disease.

Fish has many benefits for both the fetus and the mother.

- ✓ It is the main source of the essential omega-3 polyunsaturated fatty acids of the long chain. As the human body cannot synthesize omega-3s, they must be taken through proper foods. Omega-3s are essential for the proper development of your child's brain and vision.
- ✓ It provides energy, is a source of high value protein and contribute to the intake of essential nutrients needed by the child and mother, such as iodine, selenium, calcium and vitamins A and D.



Which fish should you eat?

Include in your diet a variety of fish, preferably fresh, high in omega-3 fatty acids and low in chemical pollutants such as mercury. This leaflet recommends you many good choices.

What is mercury and why is it present in fish?

Mercury is a metal that is either naturally present in the environment or released into the environment as a result of some human activities. In the environment, mercury is present in the seas and rivers and consequently in fish. The amount of mercury in fish is related to its position within the food chain and therefore predatory fish, bigger and long-lived species have higher mercury content.

Which health effects may be associated to mercury?

Because mercury is present in the environment, all living organisms are exposed to it to some extent.

If human exposure exceeds safety limits, mercury can affect different systems including the central nervous system. Exposure in the womb may affect the development of the central nervous system as some mercury compounds can cross the placental barrier.

How can you get safely the benefits of eating fish?

When you choose the right type of fish, in the right amounts and frequencies, you can safely offer your baby and you the benefits of a fish-based diet, in accordance to the recommendations of international bodies such as the World Health Organization and the European Food



Safety Authority.

To help you who live in Cyprus and Greece to have fish in your diet safely and to give your baby the best start in life, we present in this triptych, a handy list of recommended fish species for consumption and species to avoid, during pregnancy and lactation.

The list was developed by the State General Laboratory of Cyprus and the Aristotle University of Thessaloniki in collaboration with European partners, in the framework of the European project HBM4EU-mom (2020-22). It is based on national data and the international scientific literature.



HBM4EU-MOM