

FOR THE BEST START IN LIFE FOR YOUR BABY,
TAKE CARE OF YOUR DIET DURING PREGNANCY AND BREASTFEEDING

Eat FiSH SAFELY

 make the right choices!



AVOID TO CONSUME

✗ Swordfish ✗ School Shark ✗ Raw fish ✗ Redfish
✗ Fresh Tuna ✗ Other Shark ✗ Raw shellfish ✗ Pangasius
✗ Canned Tuna species



CONSUME ONLY OCCASIONALLY

Fish species not listed by name can be eaten occasionally,
up to 1 serving of 150g per week



CONSUME

✓ A variety of "suggested species", with a high content
of omega-3 fatty acids and low concentration of mercury
preferably fresh
✓ Up to 450g of cooked fish per week, split into 2-3 servings

SUGGESTED SPECIES

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

The European study HBM4EU-MOM confirmed that fish can be consumed safely during pregnancy, by choosing to eat the right type of fish, in the right amounts and frequencies.

The study involved pregnant women from five coastal European countries: Cyprus, Greece, Spain, Portugal and Iceland.

Why it's important FOR PREGNANT WOMEN TO EAT FISH DURING PREGNANCY AND BREASTFEEDING

- ◆ The European Food Safety Authority (EFSA) has associated fish consumption during pregnancy with benefits for the neurological development of the fetus.
- ◆ Fish is the main source of omega-3 long-chain polyunsaturated fatty acids, which are essential for the human body and the proper development of your child's brain and vision. Because they cannot be synthesized by the human body, they must be obtained from the diet.
- ◆ Fish provides energy, it's a source of high value protein and contributes to the intake of important nutrients for child and mother, such as iodine, selenium, calcium and vitamins A and D.



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