

Pregnant or a New Parent?



Eating Fish During Pregnancy

Should you eat fish during your pregnancy?

- Yes, eating fish is good for your health and the development of your baby. Fish is an excellent source of protein that is rich in vitamins and minerals.
- Fish also contains healthy fats called omega-3 fatty acids. One type of omega-3 is DHA. During your pregnancy, DHA helps build your baby's brain, eyes and nervous system.

What types of fish are safe to eat during pregnancy?

- Some fish considered most safe to eat are: arctic char, basa, salmon, tilapia, canned light tuna, herring, sardines, trout, and processed white fish.

Are there types of fish you should avoid?

- Pregnant women should not eat any raw fish. Raw fish may contain bacteria or parasites that can lead to illness.
- Avoid or rarely eat fish that is high in mercury. Remember, the bigger and older the fish, the more mercury it may contain.
- Avoid refrigerated smoked fish or seafood.

If you have questions about which fish are safe to eat, please call Manitoba's Dial-a-Dietitian hotline to speak to a registered dietitian and get answers to your questions about food and nutrition.

Telephone: **204-788-8248** (in Winnipeg)

Toll free: **1-877-830-2892** (outside Winnipeg)

Remember, it is important to include fish in a healthy diet. Canada's Food Guide recommends eating two to three fish servings per week. The key is to eat a variety of fish and to choose wisely.



Tasty Tuna Burgers

Ingredients:

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| - 2 cans light tuna | - 1/4 tsp. salt |
| - 1 egg | - 1/8 tsp. pepper |
| - 1/2 cup bread crumbs | - 1 tsp. margarine |
| - 1/3 cup minced onions | - 4 hamburger buns |
| - 1/4 cup minced celery | - 1 tomato, sliced |
| - 1/4 cup mayonnaise | - 4 lettuce leaves |
| - 1/2 tsp. dried dill | |

1. Combine tuna, egg, bread crumbs, onion, celery, mayonnaise, dill, salt, pepper.
2. Mix well. Shape into 4 patties (mixture will be very soft, refrigerate for 30 minutes to make the patties easier to handle).
3. Melt margarine in frying pan. Place tuna patties in frying pan and cook for about 3 to 4 minutes per side, or until cooked through. These are fragile, so be careful when turning them.
4. Serve on buns with tomato slices and lettuce leaves.

Learn more about the prenatal benefit, nutrition, and health and your developing baby.

Connect with a Healthy Baby program in your community.

Website: manitoba.ca/healthybaby

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.



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