



To eat or not to eat?

You *can* give your baby the benefits of fish without worry By **Kate Geagan, M.S., R.D.**

Fish seems like the perfect pregnancy protein: It's light, healthy, and packed with baby-brain-building fatty acids like DHA. But many fish contain a hidden extra that's not healthy for moms and babies: mercury. All this conflicting information leaves you, the conscientious mom-to-be, stuck in the middle with yet another confusing decision to make.

Take a breath. You can still eat fish; just follow these guidelines.

How much?

Well, it's been under debate. Back in December, the U.S. Food and Drug Administration (FDA) suggested looser amount guidelines for pregnant women, but consumer groups and the Environmental Protection Agency pushed back. So the 2004 amounts remain in place: According to the FDA, pregnant and nursing women can safely consume up to 8 ounces of fish per week, but no more than 6 ounces should be albacore tuna or tuna steak, because of mercury concerns; that's about two meals with fish.

Which ones?

In contrast to FDA guidelines, the Environmental Working Group—a nonprofit that investigates the science behind corporate and government claims (ewg.org)—advises against eating albacore tuna or tuna steak, period. Why?

Generally, larger fish are higher up on the food

chain, so they're more likely to contain mercury and other contaminants than smaller fish. This is the reason why EPA and FDA guidelines caution pregnant women to avoid shark, swordfish, tilefish, and King mackerel—they're big fish and have the highest levels of mercury.

But this means smaller fish (anchovies, sardines) and plant-eating fish (catfish and barramundi) are less likely to contain pollutants. That's why "chunk light" tuna, which comes from smaller fish, is a safer tuna choice than albacore. So try using size as a rule when shopping for your catch. For help, check out the National Resources Defense Council guide that ranks fish types according to mercury content (nrdc.org/health/effects/mercury/guide.asp).

Not biting?

If you prefer to skip fish altogether, find other ways of getting its critical brain-building nutrients into your diet. Ask your ob/gyn about a supplement with at least 300 milligrams of DHA that's free of contaminants. Two brands to consider: Minami Nutrition's MorDHA and Nordic Naturals. ●

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Good idea!

Know more about the fish you buy with Blue Ocean Institute's Fish-Phone. Text FISH and the fish in question to 30644; you'll receive a text back letting you know if it's eco-friendly or not. Learn more at blueocean.org/fish-phone.

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Fast, healthy, delicious SUBHEAD

Canned Chunk Light Tuna

Better-for-you tuna salad

TKT TKTKTKTKTKTKTKTKTKTKT intro sentence here. Combine chopped celery with drained chunk light tuna. Add rinsed and drained imported Italian white beans. Sprinkle with good sea salt and drizzle on your favorite extra virgin olive oil. Taste and adjust seasoning as you like.

Anchovies

Italian anchovy dip

This age-old Italian recipe is so tasty you'll forget you're eating a healthy little fish. Drain and chop a can of oil-packed anchovy fillets. In a saucepan, stir olive oil, chopped garlic, and anchovies over medium heat until combined, about 10 to 15 minutes. Then stir in a pat of butter. Serve warm with sliced fennel, endive, and bell pepper crudité.

Wild Alaskan Salmon

Sweet ginger marinade

A super-easy marinade that adds rich flavor to simple salmon: Mix together chopped garlic, ginger, and scallions to taste with [x amount] soy sauce and a pinch of brown sugar or a splash of maple syrup. Marinate for 15 minutes in a bowl in the fridge, then grill or broil.