

Pregnancy Session 2 - Topic 1 Applying a Heart Healthy Diet to Pregnancy

Resource 1 – Navigating the Waters: A Guide to Fish Consumption and Mercury Guidelines During Pregnancy

In a heart healthy diet, fish offers a nutrient-rich food source of essential omega-3 fatty acids and protein. However, the presence of mercury in certain fish species has led to a growing need for guidelines to ensure a healthy balance between the benefits and potential risks during pregnancy.

Mercury, a natural element, can get into the oceans and water from industries and the air. Some fish are good for a baby's growth because they have important nutrients. However, some fish have more mercury, which can be harmful to the baby's developing nervous system.

When you're pregnant, it's important to know how to eat fish safely. This guide is here to help you make smart choices and avoid risks from mercury exposure, giving you the information that you need to decide what's best for you and your baby.

