

## DO YOUR YOUNG CHILDREN EAT TUNA FISH?

Some tuna fish has high levels of mercury in it.  
Mercury is bad for a developing brain.

The Food and Drug Administration of the United States says:  
Young children and pregnant and nursing women

Eat no more than 6 oz a week of albacore tuna (white tuna)

It's ok to eat up to 12 ounces per week of light tuna (has  
less mercury).

Also, limit eating shark, swordfish, king mackerel and tilefish (high levels of mercury)

It's OK to eat: shrimp, salmon, pollock and catfish (low in mercury)