Safe fish for your family

Indiana Department of Health
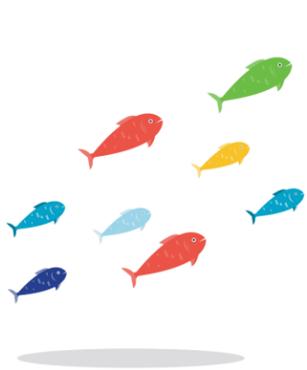
Most fish are healthy to eat and can be a part of a healthy diet for everyone in your family, but some fish may contain chemicals that can be harmful to your health.

Add fish to your dish

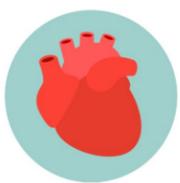| Choose smaller, younger fish with fewer contaminants | Check the Indiana fish consumption guidelines for local fishing advice | Before cooking, cut off the skin and remove any fat | Cook until flaky, opaque, and 145 °F | A standard adult portion size is around six ounces cooked |

Eating fish can...

- Help you maintain heart health by lowering blood pressure and reducing the risk of sudden death, heart attack, abnormal heart rhythm, and stroke

- Aid in healthy brain function and may decrease the risk of depression, ADHD, and Alzheimer's disease

- Support fetal development of vision and nerves during pregnancy

- Promote bone health and reduce the risk of arthritis

Tips for choosing store-bought fish

- Buy fish that is refrigerated or displayed on ice

- Smell should be fresh and mild, not fishy or sour

- Eyes should be shiny and clear

- Whole fish should have firm flesh and red gills with no odor

- Fresh fillets should have firm and red bloodlines, or red flesh if fresh tuna

- Flesh should spring back when pressed

- Fish fillets should display no discoloration, darkening, or drying around the edges

For more information about safe fish consumption, please visit the Indiana Department of Health's Fish Consumption Guidelines webpage.