

Guide to Eating Fish for Alaska Women and Children

Mix and match your fish meals* for up to:

**24 POINTS
PER WEEK**

* A **meal size** is 6 ounces (uncooked weight) for adults and 3 ounces for children age 12 years and under.

PER MEAL
6
Points

AK halibut 20–39 pounds
All store-bought AK halibut
AK roughey rockfish
AK lingcod 30–39 inches
AK black cod (sablefish)

PER MEAL
8
Points

AK halibut 40–49 pounds
Canned albacore tuna

PER MEAL
12
Points

AK halibut 50–89 pounds
AK lingcod 40–44 inches
AK yelloweye rockfish

PER MEAL
24
Points

AK halibut 90 pounds or more
AK lingcod 45 inches or more
AK salmon shark
AK spiny dogfish

Alaska fish is good for you. State health officials recommend that everyone eats fish at least twice a week. All fish contain some level of mercury, a toxic metal that can harm the developing nervous systems in unborn babies and young children.

Women who are or can become pregnant, nursing mothers and children 12 and under should follow these guidelines to limit their mercury intake. Everyone else can eat as much seafood as they like.

PER MEAL
0
Points

Unlimited amounts

All species of wild AK salmon
AK halibut 20 pounds or less
AK lingcod 30 inches or less
AK Pacific cod
AK black rockfish
AK walleye pollock
Canned chunk light tuna
AK Pacific ocean perch

Eat a variety of fish and other seafood as part of a balanced diet.



For more information:
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