



Green Plate Kids
Yummy • Healthy • Plates to Go

What is the best fish to eat?

Nutrition professionals have been touting the value of incorporating more fish into your diet for ages but trolling the fish market can be a confusing place. Do you choose wild or farmed? Which types of fish are being overfished and which are a more sustainable species? What type of canned tuna is best for your overall health?

Our friends at the Environmental Defense Fund have classified many different species of fish that are commonly consumed in the U.S. They have dubbed “Super Green Fish” as those that have low levels of contaminants, include a daily minimum of omega-3 fatty acids and are considered sustainable on the seafood watch list. Contaminants that we are most concerned with include metals (such as mercury), industrial chemicals (such as PCBs and dioxins) and pesticides (such as DDT). In general, the larger the fish, the worse it is for you since the larger fish eat smaller fish and their bodies concentrate all of the contaminants consumed in the food chain.

Canned tuna is a convenient and nutritious way to get your recommended allotment of fish; however some types of canned tuna are better than others. Choose “light” tuna rather than “solid or chunk white” or “albacore” for the lowest levels of contaminants. Also best to stay away from are any that have the words “gourmet”, “tonno” or “yellow fin” on the label. To be really safe, it is best to keep canned tuna consumption to fewer than 3 times a month for children under 6 years of age and to no more than once a week for kids and adults 6 and over. A better alternative is canned salmon, which can be used in the same ways as canned tuna.

To make life simple, the Environmental Defense Fund has provided a handy pocket buying guide that you can keep handy in your wallet and know that you are making the best choices for you and your family. Find it here: [Pocket Seafood Guide](#). For more convenience you can access the information on your mobile phone at [Mobile Seafood Guide](#).

Happy Eating!

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