

WHICH FISH SHOULD I EAT? SEAWISE HEALTHY SEAFOOD GUIDE

EATING FISH IS GOOD FOR YOUR HEALTH.
BUT WHICH FISHES ARE BEST FOR YOU?

Compiled by SEAwise researchers, this personalised seafood recommendation for consumers provides information on which species we should be eating as part of a healthy diet. Based on our individual dietary needs, this work focused especially on nutrients not easily accessible from other foods – iodine, selenium, vitamin D, vitamin B12, and Omega-3 fatty acids.

GENERAL ADVICE FOR ALL

- Consume fish weekly: 1-2 servings of seafood per week and up to 3-4 servings per week
- Alternate fatty fish and lean fish
- Vary species and locations (especially for large consumers), to limit exposure to contaminants
- Eat as few as possible fried or breaded fish products. Avoid ultra-processed fish products
- Choose sustainably sourced fish
- You can choose from fresh, frozen, and canned products, for dried fish products choose those with less salt

PERSONALISE YOUR FISH CHOICES

HOW OLD ARE YOU?

18 - 74

75+

ARE YOU PREGNANT?

YES

NO

CURRENTLY PREGNANT?
THIS WAY!

AGE 75 OR OVER?
THIS WAY!

18+ YEARS

WHAT FISH SHOULD YOU BE EATING?

Avoid self-caught freshwater fish from contaminated water bodies.

BEST FOR YOU	VERY GOOD FOR YOU	GOOD FOR YOU
SARDINE RED MULLET MUSSELS SKIPJACK TUNA MACKEREL HORSE MACKEREL NORWAY POUT SALMON SAITHE LOBSTER GILTHEAD SEABREAM	TROUT PERCH POLLACK SHRIMP YELLOWFIN TUNA ANCHOVY ALASKAN POLLOCK LANGOUSTINES ALBACORE TUNA HADDOCK SQUID BASS HALIBUT	SOLE COD WHITING PLAICE RAY HAKE SCALLOP BLUE WHITING HERRING SPRAT BLUEFIN TUNA
		MONKFISH MEGRIM PANGASIU EEL PICAREL BOAR FISH DEEP WATER ROSE SHRIMP CRAB CARP RED SHRIMP

KEEP SCROLLING...

ALMOST THERE!

75+ YEARS

WHAT FISH SHOULD YOU BE EATING?

Avoid self-caught freshwater fish from contaminated water bodies.

BEST FOR YOU	VERY GOOD FOR YOU	GOOD FOR YOU
HORSE MACKEREL SARDINE MUSSELS RED MULLET MACKEREL SKIPJACK TUNA SALMON	NORWAY POUT TROUT SAITHE POLLACK LOBSTER ALBACORE TUNA SHRIMP GILTHEAD SEABREAM YELLOWFIN TUNA LANGOUSTINES BASS ALASKAN POLLOCK HADDOCK PERCH	ANCHOVY SQUID COD RAY HALIBUT SOLE WHITING PLAICE HAKE SPRAT HERRING CRAB BLUEFIN TUNA
		SCALLOP BLUE WHITING MONKFISH MEGRIM PANGASIU EEL DEEP WATER ROSE SHRIMP BOAR FISH PICAREL RED SHRIMP CARP

ALMOST THERE!

PREGNANT

WHAT FISH SHOULD YOU BE EATING?

Lactating and pregnant women should avoid fish and seafood that are at the top of the food chain (e.g. shark, large tuna, swordfish, pike), as they may contain higher concentrations of pollutants. Avoid self-caught freshwater fish from contaminated water bodies.

BEST FOR YOU	VERY GOOD FOR YOU	GOOD FOR YOU
SARDINE MUSSELS RED MULLET HORSE MACKEREL MACKEREL SKIPJACK TUNA SALMON TROUT SAITHE HADDOCK LOBSTER NORWAY POUT GILTHEAD SEABREAM	ALBACORE TUNA YELLOWFIN TUNA SPRAT PERCH LANGOUSTINES POLLACK COD SHRIMP BASS ALASKAN POLLOCK ANCHOVY	SQUID HALIBUT SOLE RAY WHITING PLAICE SCALLOP CRAB HERRING
		HAKE BLUE WHITING MONKFISH MEGRIM PANGASIU EEL BOAR FISH DEEP WATER ROSE SHRIMP PICAREL RED SHRIMP CARP

HAVEN'T FOUND THE AGE CATEGORY YOU ARE LOOKING FOR?
KEEP SCROLLING...

OTHER

WHAT FISH SHOULD YOU BE EATING?

Other age groups, below the age of 18 should follow the same recommended fish guidance for 18+ adults, but additionally follow the specific guidance listed below.

INFANTS

Avoid fish and seafood that are at the top of the food chain (e.g. shark, large tuna, swordfish, pike), as they may contain higher concentrations of pollutants. Avoid self-caught freshwater fish from contaminated water bodies.

CHILDREN 1-10 YEARS

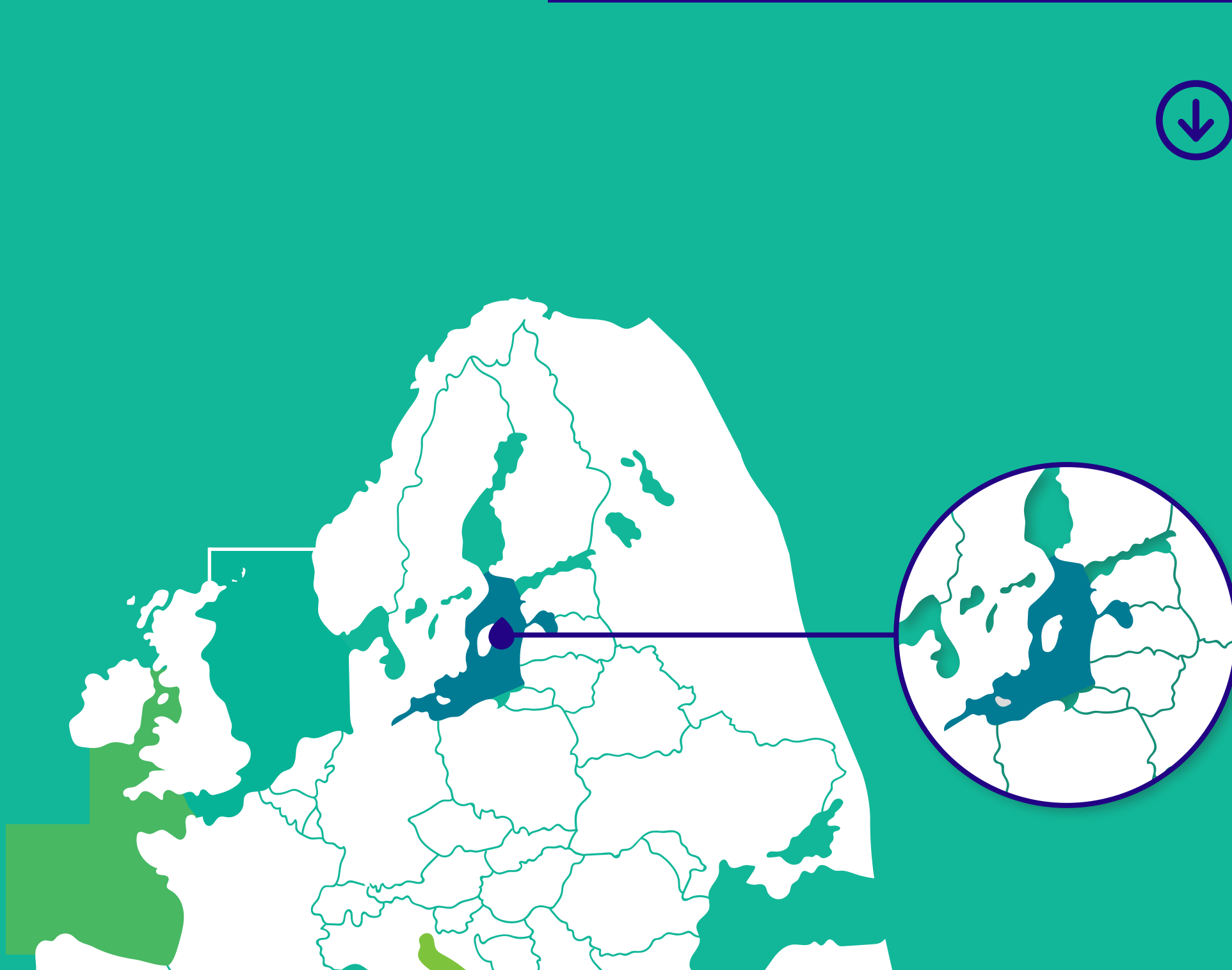
Avoid fish and seafood that are at the top of the food chain (e.g. shark, large tuna, swordfish, pike), as they may contain higher concentrations of pollutants. Avoid self-caught freshwater fish from contaminated water bodies.

CHILDREN AND ADOLESCENTS 11-17 YEARS

Limit fish and seafood that are at the top of the food chain (e.g. shark, large tuna, swordfish, pike), as they may contain higher concentrations of pollutants. Avoid self-caught freshwater fish from contaminated water bodies.

CONTINUE FOR LOCATION SPECIFIC INFORMATION!

DO YOU EAT FISH FROM THE BALTIC?



Limit the consumption of contaminated fish, such as Baltic Sea herring, to no more than once a week.

The recommendation applies to wild-caught salmon, trout and herring from all over the Baltic Sea.

Read the packaging or ask in the market to find out where the fish is from.

** As consumption patterns for seafood vary considerably across Europe, for more specific guidance consult your national guidelines.

THE RIGHT VARIETY FOR YOU

Packed with vitamins and minerals hard to find anywhere else, and an excellent source of Omega-3s, eating fish is good for your health. This personalised guide will help you choose your seafood when you are shopping, and ensure you are getting the right variety specific to your health needs. Simply screenshot or make a note of your species list and use it as a guide the next time you go to the supermarket, fish market or restaurant.

Remember variety is key!

