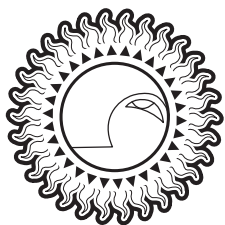


Wouldn't it be better to **Stop** eating fish?

No!

Eating traditional fish is excellent for your health. Foods

like poutine, fried chicken and other restaurant or store-bought foods can be very high in unhealthy fat, salt and sugar. Eating too many of these foods can make you gain a lot of weight. Gaining too much weight can cause diabetes during pregnancy and later on in life. Eating well means choosing a variety of healthy traditional and store-bought foods.



The elders speak:

Fish - Just for a drink

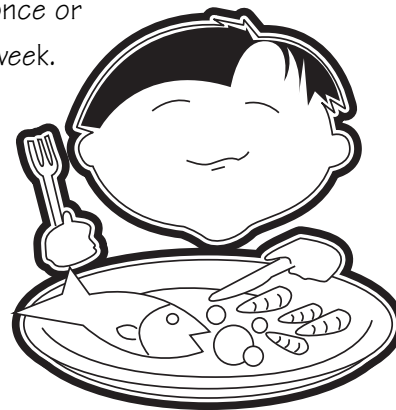
After the fish is boiled, pick out back bones and reboil the bones long and hard until the water becomes white.

Add water as the water goes down.

It's ready to drink when it is cool. (M.S.)

What about young children?

Children younger than 3 years old should follow the same advice as pregnant women. Children between 3 and 12 years old can eat small amounts of pike, lake trout, and walleye once or twice a week.



CH-1

Version française disponible



Fish for a Healthy Pregnancy

A Guide for Pregnant Women,
Women Who May Become Pregnant,
And Breastfeeding Mothers



Conseil Cri de la santé et des services sociaux de la Baie James
σ D d 7 a b 7 Δ Γ Δ Δ i Δ a Δ a a b Γ C b σ D 4
Cree Board of Health and Social Services of James Bay

Is it important to eat fish? **Yes!**

Fish are very good food for children and adults.

When you eat fish during pregnancy it helps your baby's brain, skin, and muscles to grow. It can also help baby fight infections.

When you are breastfeeding, the fish you eat puts good fat into your breast milk.

Fish broth is an important traditional food and is good for pregnant and breastfeeding women. It contains calcium to make baby's bones and teeth strong.

How much fish can I eat?

Pregnant women, breastfeeding mothers, and women who may become pregnant, need to eat around **two meals per week of fish low in mercury** such as:

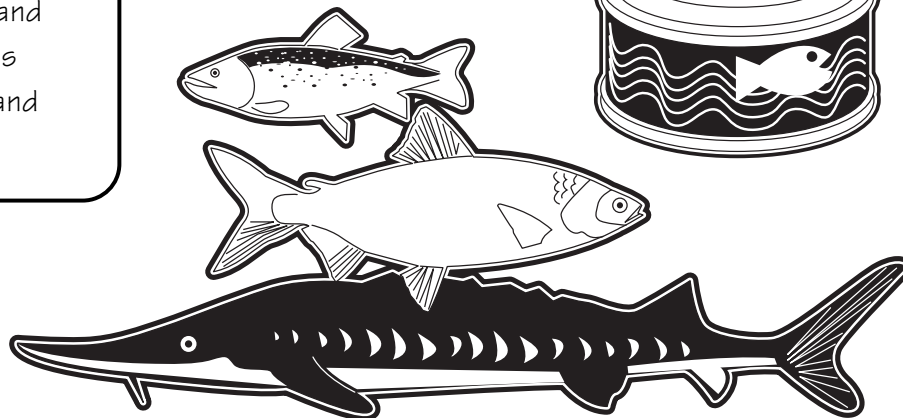
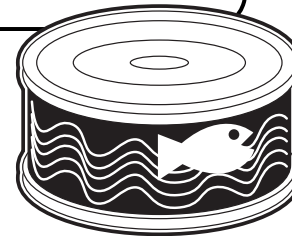
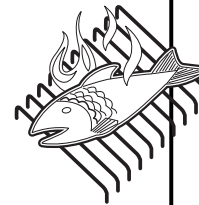
lake whitefish "Atihkimaakw"

speckled trout (brook trout)
"Maasimaakuus"

sturgeon "Nimaau"

any species of coastal fish, including cisco "Nuutimiiwaasuu"

Canned or frozen fish from the store may replace a fresh fish meal. Choose canned tuna marked "light" because it has less mercury than "white" tuna.



Here is a reminder

Pregnant women who eat a lot of fish high in mercury may have babies with slow development or learning problems. Some fish have high mercury and should not be eaten if you are pregnant.

Pregnant or breastfeeding women should not eat predatory fish (fish which eat smaller fish) that are **1 foot long or longer**. These fish are higher in mercury:

pike, "Chinushaau"

lake trout, "Kukimaau"

walleye, "Ukaau"

Smaller and younger fish have less mercury than larger and older fish. Fish caught in reservoir contain more mercury.

For more information, please refer to the Map Guide to Mercury in Fish in Eeyou Istchee or ask the clinic.