Too much mercury in the diet of women who may become pregnant, pregnant women, nursing mothers, and young children can be a health hazard.

**Mercury**

Nearly all fish and shellfish contain traces of mercury. For most people the mercury in fish and shellfish is not a health concern. However, some fish contain higher levels of mercury that when eaten too often and in too large a quantity can be harmful to the nervous system of young children and unborn babies. By informing women and guardians of young children participating in the CSFP about mercury, the exposure to mercury can be minimized while promoting the health benefits from eating fish and shellfish.

**Healthy Diet**

Fish and shellfish are low in fat and contain high-quality protein and other essential nutrients. A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children’s proper growth and development.

**Participant Handout**

Attached is *Fish Facts*, a flyer that you are encouraged to duplicate and make available to program participants. Staff at distribution sites should counsel participants who select amounts of tuna in excess of the recommended amounts.

**Contact**

If you have questions regarding this notice please contact your Contract Manager.

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**ATTACHMENT**