

Eating Seafood During Pregnancy

Now, a Health Minute.

Seafood is a great source of protein and healthy fats. You can eat seafood during your pregnancy, but there are some things to keep in mind. It's recommended that you eat 8-12 ounces of low mercury seafood a week such as salmon, shrimp, catfish and light canned tuna.

Avoid seafood high in mercury like swordfish. Too much mercury can affect your baby's hearing and vision and lead to brain damage.

Don't eat raw fish, especially shellfish, and skip the sushi unless it is cooked.