

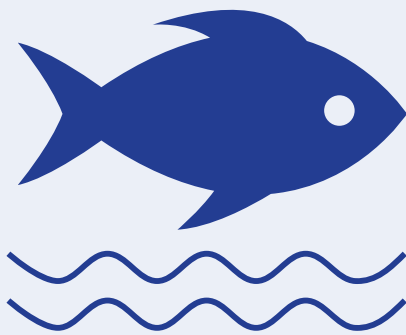
The Installment

Horizon Public Health

Monthly Bulletin

May 2026

Eating Fish: It's Good for You And How to Choose the Right Ones in Minnesota



Top choices: Salmon, Trout, Sardines, Herring, Mackerel, Light Tuna, Oysters

Why Eat Fish?

- ✓ Keeps your heart healthy
- ✓ Helps brain work better
- ✓ Supports baby development during pregnancy
- ✓ May lower risk of depression, dementia, arthritis & diabetes

Mercury – What You Need to Know



Mercury is found in most fish.



Too much can harm children's brain development—especially during pregnancy.



Sensitive groups:

- Children under 15
- Pregnant people or those who could become pregnant



Tips for Safer Fish Eating



Scan QR code for guidelines

- ✓ Check waterbody-specific fish guidelines from MN
- ✓ Choose fish lower in mercury if pregnant or serving kids
- ✓ Remember: A clean-looking lake doesn't mean safe fish

HORIZON



Public Health
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Our Mission

is to promote, protect, and improve the health and well-being of all people in our communities.



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