

## **Mercury**

### **Radio Spot 60 seconds**

**SCENE: Ladies eating lunch at a restaurant**

**Woman 1: What are you going to have for lunch today?**

**Woman 2: I don't know everything looks so good.**

**Woman 1: I bet you have to follow a strict diet now that you are pregnant.**

**Woman 2: Not really, I just try to eat healthier foods like fish because they are high in protein and low in saturated fats.**

**Woman 1: I heard you aren't supposed to eat fish during pregnancy because high levels of mercury can be harmful to the brain and kidneys of the developing baby.**

**Woman 2: My doctor told me that while mercury poses a serious health risk to babies some fish are known to have low mercury levels and are okay to eat.**

**Woman 1: That is good to know especially since my husband and I are thinking about having a baby.**

**(WOMEN GIGGLE)**

**Woman 2: Wow that's great news!**

**(FADE OUT WOMEN TALKING)**

**Reader 3: If you are thinking of eating fish, select a variety that is low in mercury. These fish include salmon, rainbow trout, herring, and whitefish.**

**Women 18 to 49 years old should be careful what fish they eat especially if they are pregnant or thinking of having children.**

**Fish is good for you, but choose fish with low mercury levels.**

**Brought to you by the Florida Department of Health and the Escambia County Health Department.**

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