WARNING!

Dioxin, PCBs, and mercury may pose greater risk to babies and young children. For this reason it is important for women who are pregnant, or might become pregnant, breastfeeding women and young children follow the recommendations found in this flyer to reduce exposure.

CLEANING FISH:
Remove and throw away the head, guts, kidneys, and the liver. Remove the “backstrap meat” along with the skin, lateral line and belly meat. Cut away the fat, skin, and belly area before cooking.

COOKING FISH:
Bake, broil, steam, fry, or grill fish. Throw away the cooking juices, Use only fish fillets when preparing soups, stews, and chowders.

American Lobster
Remove the green gland (tomalley)

Eat only the fillet!
Do not eat the whole fish or steak portions.

WHERE TO GET MORE INFORMATION:

New Jersey Department of Environmental Protection, Division of Science & Research
Additional copies of this brochure can be printed from the web site: https://www.FishSmartEatSmartNJ.org or by calling (609) 940-4080

New Jersey Department of Health
Food and Drug Safety Program
https://www.nj.gov/health/ceohs/food-drug-safety/ or call (609)826-4935

Environmental Protection Agency

Fish and Wildlife Contamination Program
https://www.epa.gov/fish-tech

For information on Commercial Fish: Food and Drug Administration
https://www.fda.gov/food/buy/foodborneillnesscontaminants/buystoreservesafe/food/default.htm

1-888-SAFEFOOD

FishSmartEatSmartNJ.org

Development of this brochure was a cooperative project of the New Jersey Department of Environmental Protection and the New Jersey Department of Health

Cover photo of Ed Stevenson taken by Bruce Ruppel

2021
### Estuarine & Marine Waters (Coastal)

<table>
<thead>
<tr>
<th>Fish Type</th>
<th>General Population</th>
<th>High Risk Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Striped Bass</td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>American Eel</strong></td>
<td>Four meals per year</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Bluefish (greater than 6 lbs or 24 in)</strong></td>
<td>Six meals per year</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Bluefish (less than 6 lbs or 24 in)</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>American Lobster</strong></td>
<td>Do not eat the green gland (tomalley or hepatopancreas)</td>
<td>Do Not Eat</td>
</tr>
</tbody>
</table>

### Newark Bay Complex

- **Blue Claw Crab**: Do Not Harvest or Eat

### Freshwater (Inland)

<table>
<thead>
<tr>
<th>Fish Type</th>
<th>General Population</th>
<th>High Risk Population</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Trout</strong></td>
<td>One meal per week</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Largemouth Bass</strong></td>
<td>One meal per week</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Smallmouth Bass</strong></td>
<td>One meal per week</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Chain Pickerel</strong></td>
<td>One meal per week</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Sunfish</strong></td>
<td>One meal per week</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Common Carp</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Yellow Bullhead</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Brown Bullhead</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Brown Bullhead</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
</tbody>
</table>

### Pinelands (Freshwater)

<table>
<thead>
<tr>
<th>Fish Type</th>
<th>General Population</th>
<th>High Risk Population</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Largemouth Bass</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Smallmouth Bass</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Chain Pickerel</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Brown Bullhead</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Sunfish</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td><strong>Common Carp</strong></td>
<td>One meal per month</td>
<td>Do Not Eat</td>
</tr>
</tbody>
</table>

### Additional Warnings

- There are additional warnings for these and other fish in specific waterbodies. Please refer to FishSmartEatSmartNJ.org for more information.
- For **all freshwater fish** without specific advisories, eat no more than:
  - **General Population**: One meal per week
  - **High Risk Population**: One meal per month

**High Risk is defined as infants, children, pregnant women, nursing mothers, and women of childbearing age.**

**NOTE:** To reduce your exposure, eat those fish with the lowest meal restrictions. Do not combine meal restrictions. (For example, if you eat multiple fish species or catch fish from more than one area, the recommended guidelines for different species and different locations should not be combined.)