Three Safety Tips

1. Do not eat:
   - Shark
   - Swordfish
   - King Mackerel
   - Tilefish
   - Eel
   - Raw Fish
   - Bluefish
   - Striped Bass
   - Crabs from Newark Bay
   - Green gland of lobster & crab

2. Eat a variety (up to 12oz. on average = 2 meals a week) of fish lower in mercury:
   - Shrimp
   - Fluke/Flounder
   - Canned –Light Tuna
   - Pollack
   - Salmon
   - Cod
   - Cooked (not raw)
   - Tilapia
   - Shellfish
   - Farm raised Catfish

3. Eat a variety of fish and choose your fish wisely.
   Prepared and clean all fish correctly. Cook clams and oysters thoroughly.

For more information please use contacts below:

New Jersey Department of Health and Senior Services
   call (609) 588-3123
   www.nj.gov/health/foodanddrugsafety/ssp_resources.shtml

New Jersey Department of Environmental Protection
   call (609) 984-6070
   www.fishsmarteatsmartnj.org

U.S. Food and Drug Administration
   call 1-888-SAFEFOOD
   www.fda.gov/Food/FoodSafety/

REMEMBER!

- Cut off and discard skin, fat and guts
- Bake or Broil the fish (without skin) on a rack so the fats can drain off

How can Contaminants in the fish be removed?

Mercury cannot be removed through cooking or cleaning.
However, by removing fat and organs when you clean and cook fish, you can help to reduce other contaminants like PCBs that concentrate here.
Fish is a Healthy Food!

Fish and shellfish are an important part of a healthy diet. Fish and shellfish contain high quality protein and other essential nutrients, are low in saturated fat and contain omega-3 fatty acids. A well balanced diet includes a variety of fish and shellfish which can contribute to heart health and proper growth and development of your child.

Some fish contain high levels of environmental contaminants such as mercury and/or PCBs that can harm an unborn baby or young child’s developing nervous system.

Small amounts of mercury may lead to:
- Damaging your baby’s developing nervous system
- Learning and behavioral problems

Levels of exposure to PCBs can:
- Lead to a lower birth weight
- Reduce the ability to learn/delay physical development
- Exposure to PCBs may also cause cancer

Remember !
PCBs build up in the fat of the fish

Remember the following advice when eating fish:
1. Eat smaller and younger.
2. Eat a variety of cooked fish and seafood.
3. Trim skin and fat, especially belly fat. See picture on cleaning and cooking properly, (fatty fish, bluefish, salmon)
4. Follow the guidelines in this brochure to select safer types of fish to eat.