Remember, your baby eats what you eat. So choose the right kind of fish for you both and for your whole family.

Why are some fish unsafe? Because where they live is polluted.

For More Information, Contact:

New Jersey Department of Environmental Protection, call 609-984-6970
www.state.nj.us/dep/047/njmain/fish.htm

New Jersey Department of Health and Senior Services, call 609-986-4124

New Jersey Department of Agriculture, call 609-584-4097

Food and Drug Administration, call 1-888-SAFEFOOD
www.cfsa.fda.gov

So, if you:
- are pregnant
- might become pregnant
- are breastfeeding or feeding kids

then you should know what kinds of fish and crabs you can eat...
How Can I Avoid Eating Harmful Chemicals?

For women of child bearing-age and young children:

1. Eat smaller sizes of fish—they have fewer harmful chemicals.

2. Eat many different kinds of fish.

3. It's OK to eat some kinds of the fish your family and friends catch, like: Forage, Black Sea Bass, Blackfish and Flukes.

4. Do not eat crabs and these fish from this area:

5. Cook other fish safely.
   - There is no safe way to catch crabs or these fish from this area.
   - To reduce the chemicals in the fish you catch:
     - Remove all skin.
     - Remove all fat along the back.
     - Remove gills.
     - Remove the belly fat.
     - Remove the fatty dark meat along the length of the fillet.
     - Boil, grill, bake or steam the fish on a rack.
     - Throw away the drippings and juice.
     - Do not eat the fish in latter or breeding.

6. Eat fish you buy from a grocery store or market.
   - Ask where the fish came from.
   - Do not buy or eat:
     - Swordfish, Ring Mackerel, Tilefish or Shark—These fish contain mercury, another harmful chemical.
     - Eat other fish up to 2 to 3 times a week (12 oz. total). Can your family consume?