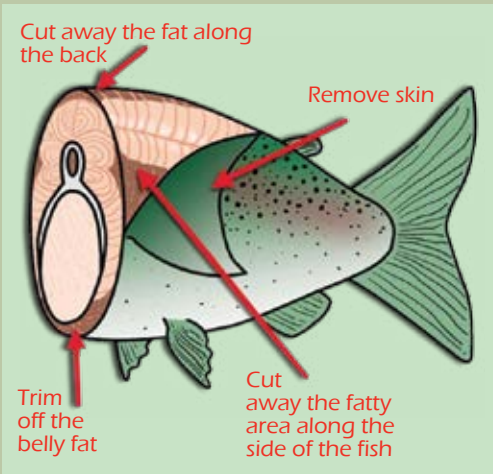


**To reduce contaminants**  
in your fish, trim off the skin and fat.  
Bake, broil or grill the fish.



## Safer Fish to Eat

### From Ohio waters:

- crappie;
- yellow perch;
- bluegill; and
- sunfish.

### From grocery stores and restaurants:

- shrimp;
- canned light tuna;
- salmon; and
- tilapia.



## Key Facts about Eating Fish

Eating fish has health benefits for men, women and children. Some fish also have contaminants, so if you are eating fish often, you should choose fish that have fewer contaminants.

In Ohio, use Ohio EPA's Sport Fish Consumption Advisory when you choose fish to catch and eat. This will protect you and your family from chemicals that could someday make you sick.

If you buy fish at a grocery store or restaurant, be aware that shark, swordfish, tilefish, orange roughy, bigeye tuna, marlin and king mackerel are high in mercury and should not be eaten by women or children.

Eating a variety of different fish promotes safe consumption of wild-caught, store bought and restaurant prepared fish.

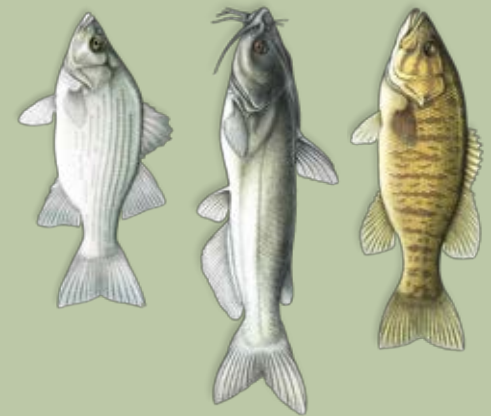
Women, Infants, and Children (WIC) clinic  
[ohwic@odh.ohio.gov](mailto:ohwic@odh.ohio.gov)  
(614) 644-8006

Ohio EPA  
[fishmail@epa.ohio.gov](mailto:fishmail@epa.ohio.gov)  
(614) 644-2160

# Fish

## For Your Health

Advice for women age  
16-45 and children 15  
and under who eat Ohio  
caught fish.



**Ohio**

Department of Health  
Department of Natural Resources  
Environmental Protection Agency

## Take this quick quiz

to find the best Ohio fish for you to eat.  
Answer true or false to each question:



- (T) (F) I only eat fish caught in Ohio a few times a year.
- (T) (F) I'm 16 years old or older.
- (T) (F) I'm not a woman between 16 and 45 years old.
- (T) (F) I do not eat fish from Dicks Creek, Great Miami River, Lake Nesmith, Little Scioto River, Ohio River, Portage Canal, Summit Lake or Tuscarawas River.

If all are true for you, you are at lower risk from contaminants in fish. Follow the guidelines below to help you choose what Ohio fish to eat:

- Eat smaller fish, which have fewer contaminants.
- Remove fat and skin before cooking.
- Bake, broil or grill fish to reduce contaminants like PCBs. Pan frying removes few, if any, contaminants.



If one or more are false for you, consult the Ohio Sport Fish Consumption Advisory for more information. The advisory lists fish that have been tested by Ohio EPA for contaminants, and offers more advice on how to choose fish wisely.

### Need an advisory guide?

Call (614) 644-2160 or (800) 755-4769 for a free paper copy, or visit [epa.ohio.gov/dsw/fishadvisory/index.aspx](http://epa.ohio.gov/dsw/fishadvisory/index.aspx)

## Four myths about eating Ohio fish.

**Myth 1:** Since fish have contaminants, I shouldn't eat any to be on the safe side.

**Fact:** There are many benefits to eating fish. They are high in protein, low in fat, and contain healthy oils called omega-3s. The benefits of eating fish are greater than the risks.

**Myth 2:** Adult men and women over 45 don't need to worry about fish contaminants.

**Fact:** Children 15 or under and women age 16-45 are most affected by fish contaminants. Studies show that eating highly contaminated fish regularly is associated with more adult heart problems. In extreme cases, eating highly contaminated fish can also cause problems with the brain and nerves which lead to numbness, tingling and forgetfulness.

**Myth 3:** The water where I get fish is clear, and the fillets look clean, so the fish is safe.

**Fact:** Fish contamination is not always visible. You can learn more about contamination in fish by checking the Ohio Sport Fish Consumption Advisory.

**Myth 4:** Fish from grocery stores or restaurants isn't as contaminated as fish caught in Ohio.

**Fact:** Ohio's advisory of one fish meal per week due to mercury is the same as the national advisory. Ohio fish have similar amounts of mercury to fish from grocery stores and restaurants. A black crappie or a saugeye has about as much mercury as a can of light tuna.



## In specific Ohio water bodies fish should be catch and release.

While a general statewide advisory recommends consuming no more than one fish meal per week, the chart identifies some fish from a few specific water bodies that should never be eaten. For remaining advisories, see website below.

Affected Waterways	Species DO NOT EAT!
<b>Dicks Creek</b>	
Cincinnati-Dayton Rd. to the Great Miami River	All Species
<b>Great Miami River</b>	
Monument Ave. to the Ohio River	All Suckers
<b>Lake Nesmith</b>	
All Waters	Channel Catfish
<b>Little Scioto River</b>	
State Route 739 to Holland Road	All Species
<b>Ohio River</b>	
Pennsylvania Border to Belleville Lock	Channel Catfish 18"+
<b>Portage Canal</b>	
All Waters	Channel Catfish
<b>Summit Lake</b>	
All Waters	Channel Catfish
<b>Tuscarawas River</b>	
State Route 416 to the Muskingum River	Flathead Catfish 26"+
<a href="http://epa.ohio.gov/dsw/fishadvisory/index.aspx">epa.ohio.gov/dsw/fishadvisory/index.aspx</a>	