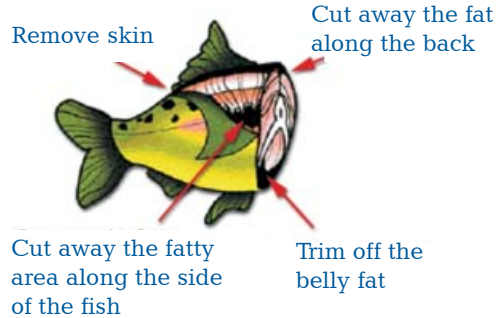


## Methods for Cleaning and Preparing Fish



## Can I eat fast food fish sandwiches and fish sticks?

These are usually made from fish that have fewer chemicals. There is no suggested limit for these.

## What are some safer fish to eat?

Some fish from Ohio waters that are safer to eat are:

- crappie;
- yellow perch;
- white bass; and
- bluegill.

Fish from restaurants and grocery stores that are safer to eat are:

- shrimp;
- canned light tuna;
- salmon;
- pollock; and
- farm-raised catfish.

If you have more questions or would like more information, please contact your local Women, Infants and Children (WIC) clinic at [ohwic@odh.ohio.gov](mailto:ohwic@odh.ohio.gov) or (614) 644-8006, Ohio EPA at (614) 644-2160 or [fishmail@epa.state.oh.us](mailto:fishmail@epa.state.oh.us).

## Counties with Advisories More Strict than One Fish Meal per Week (shaded area)



purple areas show cities

*This institution is an equal opportunity employer*

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# Fish for Your Health



Important advice for women who might become pregnant, women who are pregnant, nursing mothers and young children

Prepared by  
The Ohio Environmental  
Protection Agency  
and  
The Ohio Department of Health

## Why should I eat fish?

Eating fish in limited amounts is good for you. Fish are high in protein, vitamins and minerals and low in fat.

Some of the oils found in fish also are important for brain growth in unborn babies, infants and young children.

Many doctors suggest eating two meals of fish each week to help keep your heart healthy.

## Why do I need to limit how much fish I eat?

Some fish contain chemicals that are unhealthy if eaten too often. Two chemicals to be concerned about in fish are mercury and polychlorinated biphenyls (PCBs). You can't see, smell or taste these chemicals in fish.

If babies and young children have too much of these chemicals in their systems, it can make them slower to react and more forgetful. Unborn babies get these chemicals from their mothers, and babies can get them from breast milk.

Adults also can have health problems, but it takes more of the chemical to have an effect. Ohio EPA suggests that you follow Ohio's fish consumption advisory to eat fewer fish with health warnings and more of other kinds that have fewer chemicals.

## Can I eat the fish I catch?

There are fish you can eat safely. Fish caught in Ohio should be eaten only once a week. Since smaller fish usually have lower chemical levels, it is better to eat small fish when possible. Remember to trim fat from fish before you cook it, because fish with less fat have fewer chemicals. Fish from some places in Ohio are safe to eat only once a month, once every two months or not at all. The Ohio Sport Fish Consumption Advisory guide is on Ohio EPA's Web site at <http://www.epa.ohio.gov/dsw/fishadvisory/index.aspx>. Call us at (614) 644-2160 or (800) 755-4769 and we'll mail the advisory to you.

## Can I eat tuna?

According to the FDA and U.S. EPA, canned light tuna can be eaten safely twice a week. Albacore, or "white" tuna, has more mercury than canned light tuna, and should be eaten only once a week. Tuna steaks have about the same amount of mercury as albacore tuna and also should be eaten only once a week.

## Can I eat fish from grocery stores and restaurants?

According to advice from the U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency, women who might become pregnant, nursing mothers and young children should not eat:

- shark;
- swordfish;
- king mackerel; or
- tilefish.

Some fish like tuna steaks, orange roughly and grouper should be eaten less often by young women and children. Most other fish sold at grocery stores and restaurants are safe to eat up to half pound two times a week.

### Safer fish to eat



Bluegill Sunfish



Yellow Perch



Black Crappie



Longear Sunfish



White Crappie