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 fish

Remember the following advice when eating fish:

1. Eat smaller and younger fish.
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.

How To Choose Your Fish Wisely

Fish You Buy

Fish You Catch

Striped bass

Do Not Eat

Fluke/Flounder

One meal per week; *Check Advisory for Hudson/Newark Bay area

Bluefish

Do Not Eat

Rainbow, Brook, Brown Trout

Low in mercury
Data on PCBs limited

Large & Smallmouth Bass

Do Not Eat From Pinelands;
*Check Local Advisories for Other Water Bodies

Brown Bullhead

Do Not Eat From Pinelands;
*Check Local Advisories for Other Water Bodies

American Eel

Do Not Eat

Sunfish

Low in mercury
Data on PCBs limited

Blue Crab

Do Not Eat Newark Bay Complex Crab, Do Not Eat Mustard, Green Gland

*NJ Department of Health and Senior Services:
www.state.nj.us/health/eoh/foodweb

*NJ Department of Environmental Protection:
www.state.nj.us/dep/dsr/njmainfish.htm

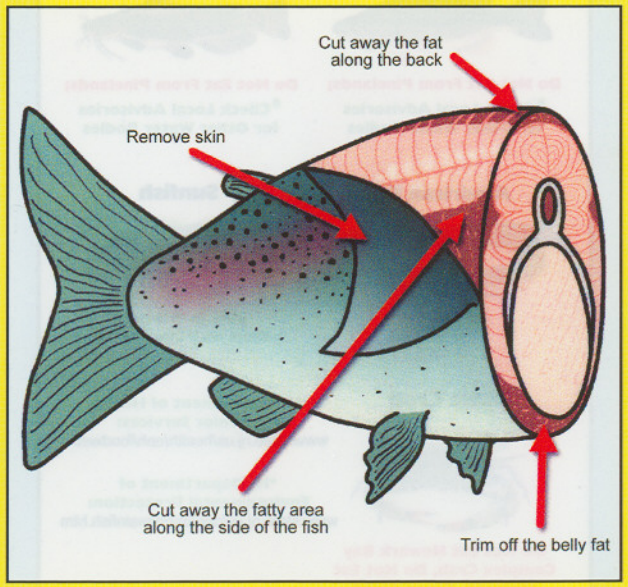
How can contaminants in the fish be removed?

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.

REMEMBER!

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



Three Safety Tips

1. **Do not eat:**

Shark	Bluefish
Swordfish	Striped Bass
King Mackerel	Crabs from Newark Bay
Tilefish	Green gland of lobster & crab
Eel	
Raw fish	

2. **Eat a variety (up to 12 oz. on average = 2 meals a week) of fish lower in mercury:**

Shrimp	Fluke/Flounder
Canned-light Tuna	Pollack
Salmon	Cod
Cooked (not raw) Shellfish	Tilapia
	Farm raised Catfish

3. **Eat a variety of fish and choose your fish wisely. Prepare 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

New Jersey Department of Health and Senior Services
call 609-588-3123
www.state.nj.us/health/eoh/foodweb

New Jersey Department of Environmental Protection
call 609-984-6070
www.state.nj.us/dep/dsr/njmainfish.htm

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

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Your Baby Eats What You Eat

Special Advice for women who might become pregnant, women who are pregnant, nursing, and mothers of young children