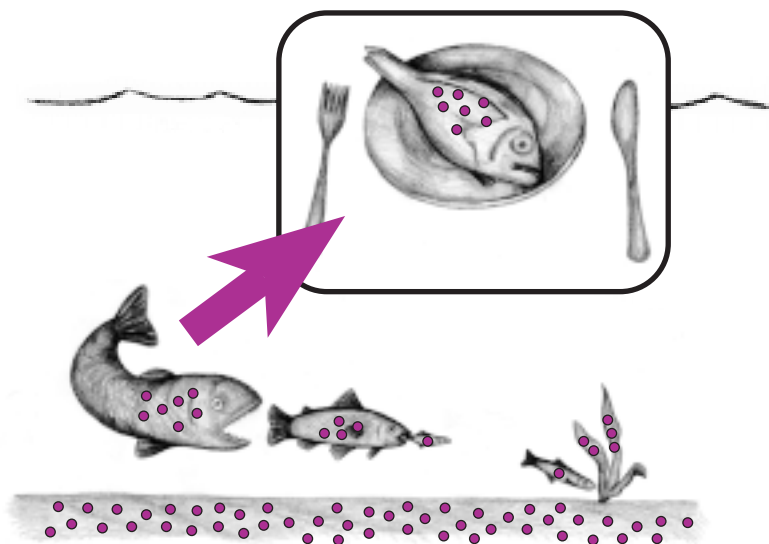


Most fish are a healthy, low-fat source of protein, vitamins and minerals.

But, people can catch fish and crabs in the Port and other places around Newark Bay with **harmful chemicals** in them. (Like dioxin and PCBs) ●●●●●

These chemicals can cause health problems.

Fish and crabs that contain these chemicals **don't look, smell or taste different.**



When you are pregnant or nursing, your baby gets food from your body. So if you eat fish with harmful chemicals, you give them to your baby.

These chemicals can hurt the brain and nervous system of a baby or a young child. This can cause learning problems and other problems later on.

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 609-984-6070
www.state.nj.us/dep/dsr/njmain/fish.htm



New Jersey Department of Health and Senior Services,
call 609-588-3123



New Jersey Department of Agriculture,
call 609-984-6757

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

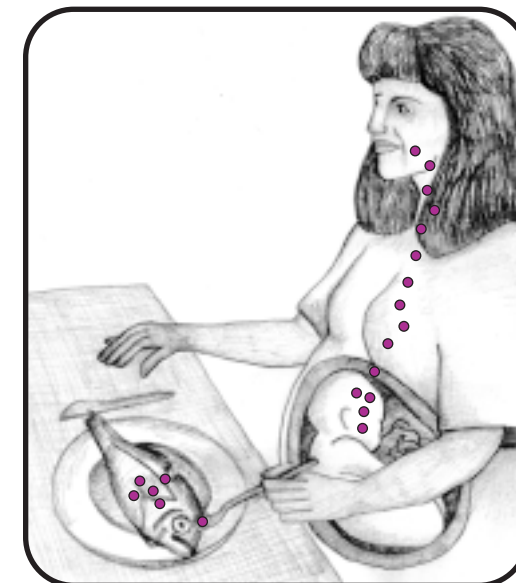


Brochure designed by the Center for Environmental Communication, NJ Agriculture Experiment Station, Rutgers - the State University of New Jersey.

Your Baby Eats The FISH You Eat!

Most *fish* are very good for you both to eat.

But, some types of *fish* and crabs that your family and friends catch are **Not** good for you or your baby.



So, if you:

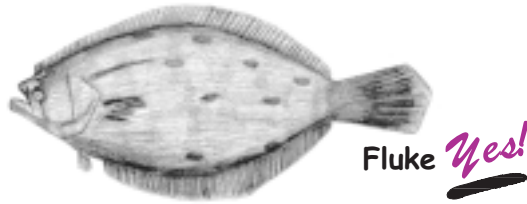
- are pregnant
- might become pregnant
- are breastfeeding or feeding kids

then you should know what kinds of fish and crabs **Not** to eat...

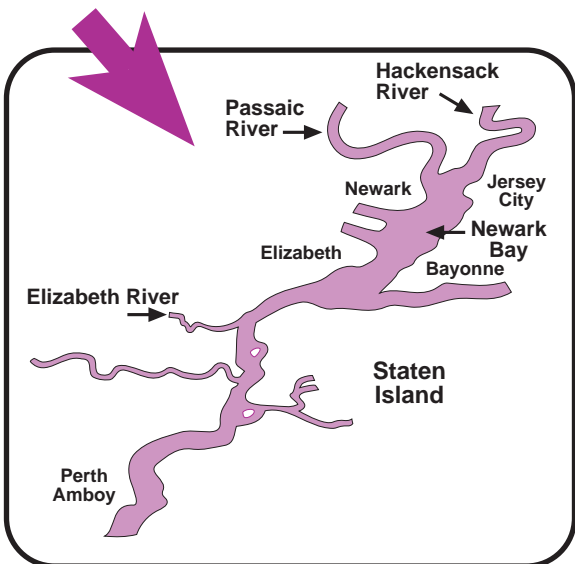
How Can I Avoid Eating Harmful Chemicals?

For women of child bearing-age and young children:

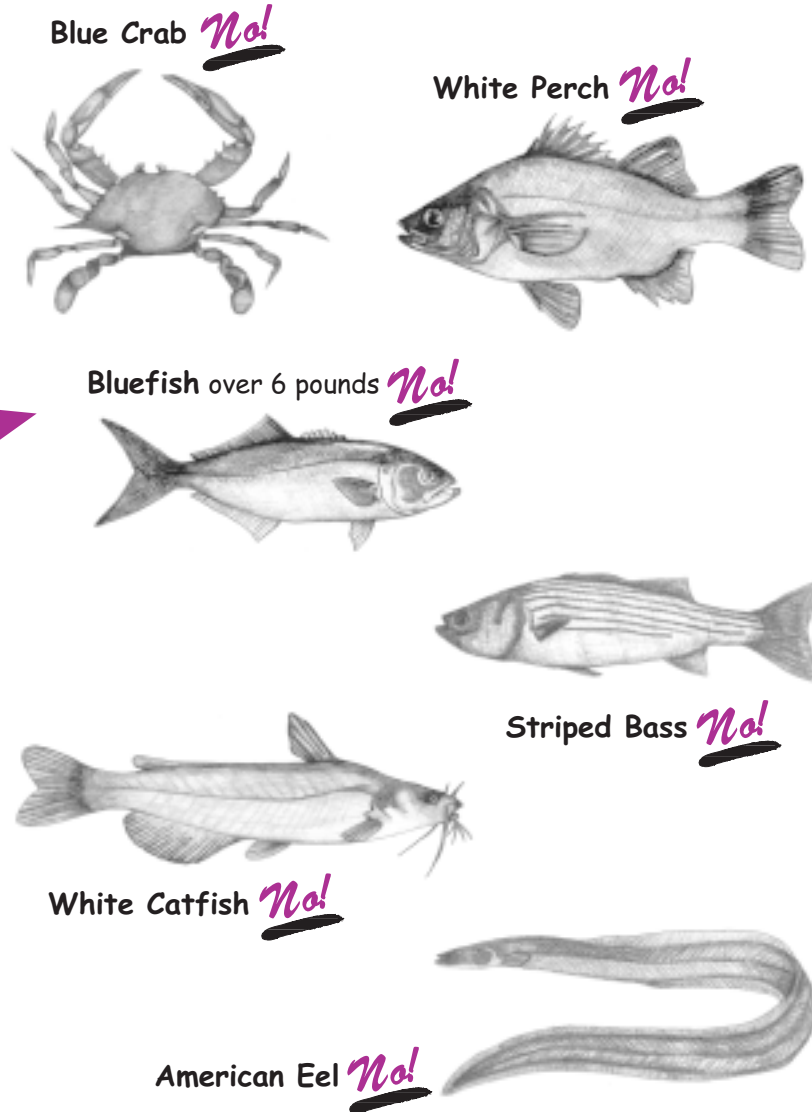
1. Eat smaller sizes of fish - they have fewer harmful chemicals.
2. Eat many different kinds of fish.
3. It's OK to eat some kinds of the fish your family and friends catch, like: Porgies, Black Sea Bass, Blackfish and Fluke



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

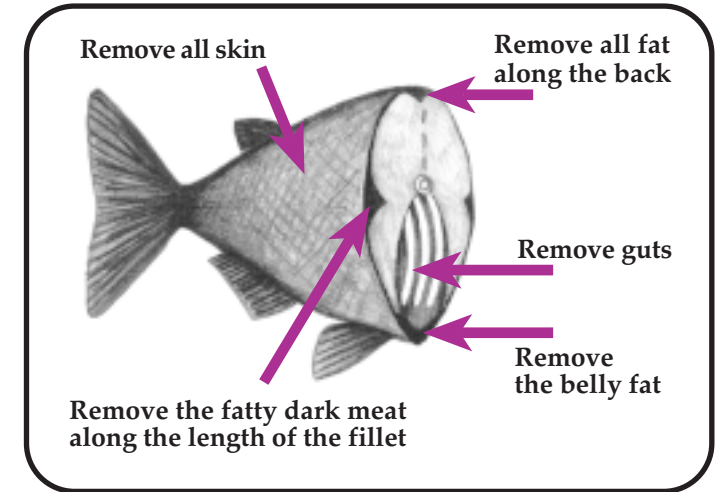


Do Not Eat!
these fish and crabs from this area:



5. Cook *other* fish safely.

- There is no safe way to cook crabs or these fish from this area.
- To reduce the chemicals in the other fish you catch:



- Broil, grill, bake or steam the fish on a rack.



- Throw away the drippings and juice.
- Do not coat the fish in batter or breading.

6. Eat fish you buy from a grocery store or market.

- Ask where the fish came from.
- Do *not* buy or eat:
 - Swordfish, King 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). *Canned tuna counts!*