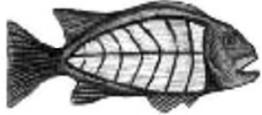


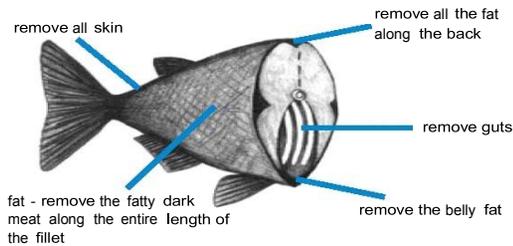
## Reduce Exposure to Dioxin and PCBs

Eat only the fillet!



Do not eat the whole fish or steak portions.

### Cleaning Fish:



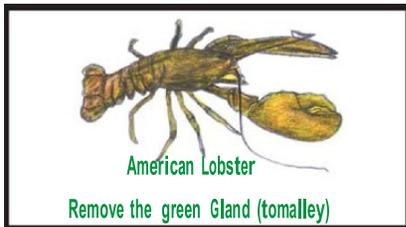
Remove and throw away the head, guts, kidneys, and the liver. Remove the "backstrap meat" along with the skin, lateral line and belly meat.

Cut away the fat, skin and belly area before cooking.

### Cooking Fish:

Bake, Broil, steam, fry or grill fish, and throw away the cooking juices.

Use only fish fillets when preparing soups, stews and chowders.



Go to: [FishSmartEatSmartNJ.org](http://FishSmartEatSmartNJ.org)

# WARNING!

Dioxin, PCBs and mercury may pose greater risk to babies and young children. For this reason it is important for women who are pregnant, or might become pregnant, breastfeeding women and young children follow the recommendations found in this flyer to reduce exposure.

### Where to get more information:

New Jersey Department of Environmental Protection, Office of Science. Additional copies of this brochure can be printed from the web site: [FishSmartEatSmartNJ.org](http://FishSmartEatSmartNJ.org) or by calling (609) 984-6070

New Jersey Department of Health Food and Drug Safety Program [http://www.state.nj.us/health/foodanddrugsafety/sea\\_food.shtml](http://www.state.nj.us/health/foodanddrugsafety/sea_food.shtml) or call (609)826-4935

Environmental Protection Agency Fish and Wildlife Contamination Program [epa.gov/ost/fish](http://epa.gov/ost/fish)

For information on Commercial Fish: Food and Drug Administration

<http://www.fda.gov/Food/FoodbornellnessContaminants/BuyStoreServeSafeFood/UCM2006759.htm>  
1-888-SAFEFOOD

Development of this brochure was a cooperative project of the New Jersey Department of Environmental Protection and the New Jersey Department of Health

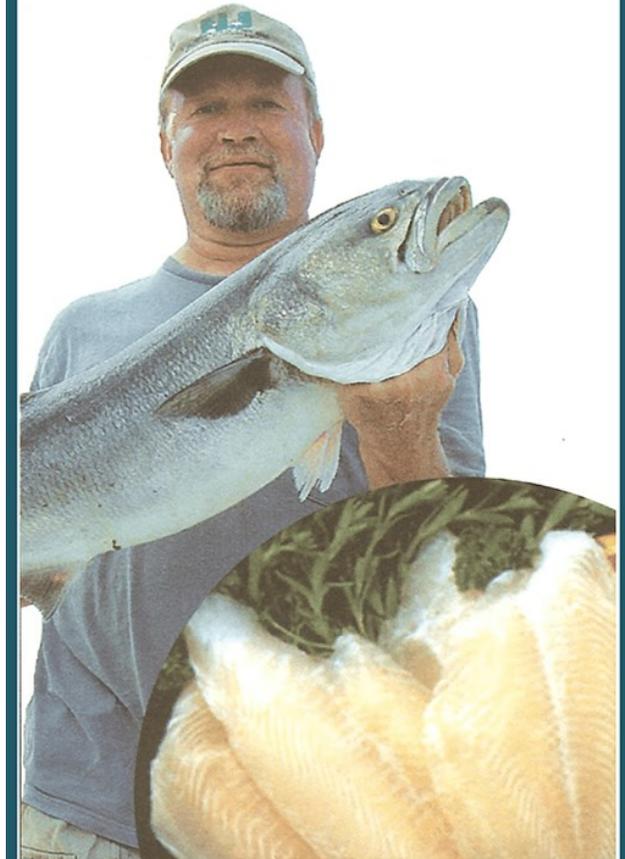


Cover photo of Ed Stevenson taken by Bruce Ruppel.

2016

# Fish Smart Eat Smart

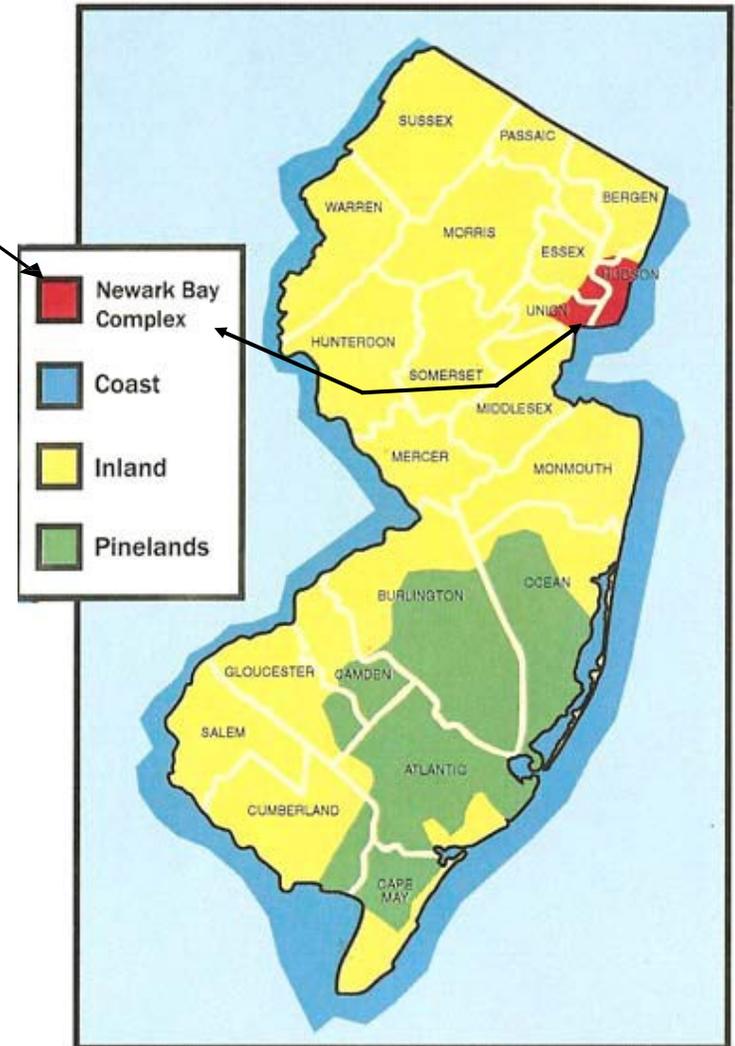
Eating fish is good for you, but some fish and crustacea caught in New Jersey are contaminated with Chemicals such as Dioxin, PCBs and Mercury.



[FishSmartEatSmartNJ.org](http://FishSmartEatSmartNJ.org)

# Statewide & Regional Fish Consumption Recommendations to Reduce Exposure to Dioxin, PCBs and Mercury\*

Fish / Crustacea Under Advisory	General Population	High Risk**
<b>Newark Bay Complex</b>		
Blue Claw Crab 	Do Not Catch, Do Not Eat!	Do Not Catch, Do Not Eat!
<b>Coast</b>		
American Eel 	4 meals / year	Do Not Eat!
Bluefish <u>greater than 6lbs/24"</u> 	6 meals / <u>year</u>	Do Not Eat!
Bluefish <u>less than 6lbs/24"</u>  <b>Striped Bass</b> 	1 meal / <u>month</u>	Do Not Eat!
American Lobster 	Do Not Eat Green Gland (tomalley or hepatopancreas)	
<b>Inland—Statewide</b>		
Largemouth Bass  <b>Smallmouth Bass</b>  Chain Pickerel 	1 meal / week	1 meal / month
Sunfish (includes bluegill, pumpkinseed and redbreast sunfish)  <b>Yellow Bullhead</b> 	No Restrictions	1 meal / month
Brown Bullhead 	No Restrictions	1 meal / week
Common Carp 	1 meal / month	Do Not Eat!
<b>Pinelands</b>		
Largemouth Bass  <b>Chain Pickerel</b> 	1 meal / month	Do Not Eat!
Brown Bullhead  <b>Yellow Bullhead</b> 	1 meal / week	Do Not Eat!
Sunfish (includes bluegill, pumpkinseed and redbreast sunfish) 	1 meal / week	1 meal / month



\*There are additional warnings for these and other fish in specific waterbodies. Check the contact information on the back of this flyer or visit [www.FishSmartEatSmartNJ.org](http://www.FishSmartEatSmartNJ.org)

For all freshwater fish without specific advisories, eat no more than:	
<i>General Population</i>	<i>High Risk**</i>
1 meal / week	1 meal / month

\*\*High Risk is defined as infants, children, pregnant women, nursing mothers and women of childbearing age.

NOTE: To reduce your exposure, eat those fish with the lowest meal restrictions. Do not combine meal restrictions. (For example, if you eat multiple fish species or catch fish from more than one area, the recommended guidelines for different species and different locations should not be combined.)