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

2. Eat a variety (up to 12 oz. on average = 2 meals a week) of fish lower in mercury:
   - Shrimp
   - Canned-light Tuna
   - Salmon
   - Cooked (not raw) Shellfish
   - Fluke/Flounder
   - Pollack
   - Cod
   - 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
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

Your Baby Eats What You Eat

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

<table>
<thead>
<tr>
<th>Fish You Buy</th>
<th>Fish You Catch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantic Salmon</td>
<td>Striped Bass</td>
</tr>
<tr>
<td>Shellfish</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td>Flatfish &amp; Flounder</td>
<td>Bluefish</td>
</tr>
<tr>
<td>Hake, Haddock, Pollack, Cod</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td>Canned &quot;Light&quot; Tuna</td>
<td>Rainbow, Brook, Brown Trout</td>
</tr>
<tr>
<td>Canned &quot;White&quot; Tuna</td>
<td>Do Not Eat</td>
</tr>
<tr>
<td>Tuna</td>
<td>Low in mercury</td>
</tr>
<tr>
<td>Halibut</td>
<td>Data on PCBs limited</td>
</tr>
<tr>
<td>Swordfish</td>
<td>Large &amp; Smallmouth Bass</td>
</tr>
<tr>
<td>Shark</td>
<td>Brown Bullhead</td>
</tr>
<tr>
<td></td>
<td>Do Not Eat From Pinelands; *Check Local Advisories for Other Water Bodies</td>
</tr>
<tr>
<td></td>
<td>Do Not Eat From Pinelands; *Check Local Advisories for Other Water Bodies</td>
</tr>
<tr>
<td></td>
<td>Do Not Eat From Pinelands; *Check Local Advisories for Other Water Bodies</td>
</tr>
<tr>
<td></td>
<td>Do Not Eat From Pinelands; *Check Local Advisories for Other Water Bodies</td>
</tr>
<tr>
<td></td>
<td>Do Not Eat New York, Complex Crab, Do Not Eat Mustard, Green Gland</td>
</tr>
</tbody>
</table>