



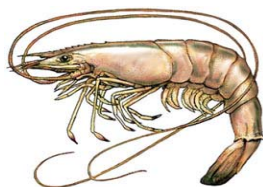
Protecting the environment and working for a healthy community.

## **Citizens Campaign Guide to Seafood**

Mercury contamination has caused many seafood options to be off limits for consumption, especially for women of childbearing age, pregnant women, and children. CCE's guide to NY State fish advisories lets you know how to keep your families safe while still enjoying your favorite and nutritious seafood meals.

### **Top 10 Best Seafood Choices :**

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|------------------------------|---|
| <b>1)</b> Shrimp             | <b>6)</b> Brook, Brown, & Rainbow Trout |
| <b>2)</b> Salmon             | <b>7)</b> Bullhead                      |
| <b>3)</b> Pollock            | <b>8)</b> Bluegill/Sunfish              |
| <b>4)</b> Catfish            | <b>9)</b> Rock Bass                     |
| <b>5)</b> Canned Light Tuna* | <b>10)</b> Crappie                      |



### **Top 10 Worst Seafood Choices:**

- |  |  |
|--|--|
| <b>1)</b> Bluefish                             | <b>6)</b> Gizzard Shad                   |
| <b>2)</b> Striped/Largemouth &/Smallmouth Bass | <b>7)</b> Pickerel                       |
| <b>3)</b> King Mackerel                        | <b>8)</b> White Perch and Yellow Perch** |
| <b>4)</b> Swordfish                            | <b>9)</b> White Catfish                  |
| <b>5)</b> Walleye                              | <b>10)</b> American Eel                  |

\*Canned Light Tuna has less Mercury than Albacore "White" Tuna. Only 6 ounces per week of Albacore is recommended.

\*\* Large Yellow Perch have high levels of Mercury. Advisories from the State are for Yellow Perch above 10 inches.

## General Advisories:

According to the FDA and EPA the best seafood for consumption in regards to low Mercury contamination are clams, ocean perch, canned salmon, shrimp, and whiting. No more than 12 ounces per week of low mercury level fish should be consumed (12 ounces is about 2 average meals).

The New York State Department of Health (DOH) has a general advisory that no more than one meal (1/2 pound) of fish per week from any of the State's freshwaters should be eaten by any gender or age classification.



Fish from more than 130 water bodies in New York have contaminant levels of mercury that are greater than federal standards. For these waters, DOH recommends either limiting or not eating a specific kind of fish. Visit the websites below to learn more.

DOH strongly advises the public to not eating the soft "green stuff" (mustard, roe, tomalley, liver or hepatopancreas) found in the body section of crabs and lobsters because cadmium, PCBs, mercury and other contaminants concentrate there. Because contaminants in this substance are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

Fish sticks and "fast-food" sandwiches are commonly made from fish that are low in mercury, so don't fret if you're on the run and can only grab these items.

## Tips for Preparing Fish Safely:

When preparing sportfish, use a method of filleting the fish that will reduce the skin, fatty material and dark meat. These parts of the fish hold many of the contaminants in high concentrations.

When cooking sportfish, use cooking methods (broiling, poaching, boiling and baking) which allow contaminants from the fatty portions of fish to drain out. Pan-frying is not recommended. The cooking liquids and fat drippings of fish from contaminated waters should be discarded since these liquids contain contaminants.

## Online Resources to Learn More:

<http://www.epa.gov/waterscience/fish/>

<http://www.dec.state.ny.us/website/dfwmr/fish/fishregs/fishhealthadv.html>

<http://www.oceansalive.org/eat.cfm?subnav=healthalerts>

<http://www.nwf.org/mercury>

<http://www.health.state.ny.us/nysdoh/fish/fish.htm>