Follow these cooking and cleaning tips to reduce your exposure to PCBs*:

- Throw away the skin, fat and organs. PCBs collect in the fat of the fish.
- Bake or broil the fish so fats can drain off.

Cut away the fat along the back

Removal skin

Cut away fatty area along side of fish

Trim off belly fat

*Mercury cannot be removed through cooking and cleaning.

Eat Fish.
Be Smart. Choose Wisely.

Fish and seafood are good for your heart and brain. It’s low in fat, high in protein, and rich in nutrients and omega-3s.

This guide will help you gain these health benefits while protecting you from contaminants found in fish.

For more information visit:
www.healthoregon.org/fishadv
or call TOLL FREE: 1-877-290-6767
TTY LINE: 971-673-0372

For other health information on mercury or PCBs:
Agency for Toxic Substances and Disease Registry:
www.atsdr.cdc.gov/toxfaqs/index.asp
Environmental Protection Agency (EPA):
www.epa.gov/mercury
www.epa.gov/pcb

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www.epa.gov/mercury
www.epa.gov/pcb
Follow this advice to reduce your exposure to mercury, PCBs, and other toxic chemicals:

**SAFE TO EAT**

- Anchovies
- Black sea bass
- Butterfish
- Catfish
- Clams
- Cod (US Pacific, US Atlantic)
- Crab (Blue, King, Snow)
- Crab – imitation
- Crayfish (imported farmed)
- Flounder/Sole
- Haddock
- Herring
- Mackerel (canned)
- Ocean Perch
- Oysters
- Pollock/Fish sticks
- Salmon (fresh, canned)
- Chinook (King)
- Coho (Silver)
- Farmed
- Pink (Humpy)
- Sockeye (Red)
- Sardines
- Sardines (US Pacific, US Atlantic)
- Scallops
- Shrimp/Prawn
- Squid/Calamari
- Tilapia
- Trout
- Tuna (canned light, import)

**SAFE TO EAT 1 MEAL PER WEEK**

- Chilean sea bass (Chile, central AK)
- Chinook salmon (Puget Sound, CA)
- Croaker (white, Pacific)
- Halibut (Pacific/Atlantic)
- Lobster (US, Canada)
- Mahi mahi (imported longline)
- Monkfish
- Rockfish/Red snapper (troll-caught)
- Sablefish/Black cod
- Tuna, Albacore
- Tuna, Yellowfin

**AVOID OR EAT RARELY DUE TO MERCURY**

- Mackerel (King)
- Salmon
- Shark
- Swordfish
- Tilefish
- Mahi mahi
- Monkfish
- Rockfish/Red snapper
- Sablefish/Black cod
- Tuna, Albacore
- Tuna, Yellowfin
- Mackerel (King)
- Salmon
- Shark
- Swordfish
- Tilefish

**Women who are or may become PREGNANT, NURSING MOTHERS, and CHILDREN should NOT eat:**

- Mackerel (King)
- Salmon
- Shark
- Swordfish
- Tilefish
- Mahi mahi
- Monkfish
- Rockfish/Red snapper
- Sablefish/Black cod
- Tuna, Albacore
- Tuna, Yellowfin

What is a meal?
A seafood serving or “meal” is about the size and thickness of your hand, or 1 oz. uncooked fish for every 20 lbs. of body weight.

160 lb. adult = 8 oz. / 80 lb. child = 4 oz.

Mercury and PCBs are long lasting contaminants that accumulate in fish. In general, younger, smaller fish have less contamination.

**Do you fish in Oregon?**

Call 1-877-290-6767 to see if your favorite fishing spot has an advisory. There are local advisories throughout Oregon due to mercury and PCBs. Follow the advice for fish caught in local waters and review the cooking and cleaning tips found on the back of this card.

Check for local fish advisories at: [www.healthoregon.org/fishadv](http://www.healthoregon.org/fishadv)

or call: 1-877-290-6767

or see the Oregon Sport Fishing Regulations

**ORANGE TEXT:** Overfished, farmed or caught using methods harmful to marine life and/or environment.

**Farmed salmon information:**

[www.doh.wa.gov/fish/farmedsalmon](http://www.doh.wa.gov/fish/farmedsalmon)

Seafood not listed? Call 1-877-485-7316