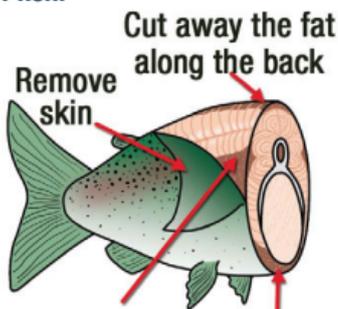


Oregon

Sport-caught Fish

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

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



Cut away the fatty area along side of fish

Trim off belly fat

*Mercury cannot be removed through cooking and cleaning.

TEAR HERE

Eat Fish.

Be Smart. Choose Wisely.

Seafood and fish are good for your heart and brain. Both are 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.



FOLD HERE

For more information visit:
www.healthoregon.org/fishadv

or call TOLL FREE: **1-877-290-6767**

TDD LINE: 971-673-0372

For other health information on mercury or PCBs:

Agency for Toxic Substances and Disease Registry:
www.atsdr.cdc.gov/toxfaq.html

Environmental Protection Agency (EPA):
www.epa.gov/mercury
www.epa.gov/pcb

Oregon
Health
Authority

Developed by Washington State Department of Health. Modified for Oregon by the Oregon Public Health Division.

This document can be provided upon request in alternative formats for individuals with disabilities. Other formats may include (but are not limited to) large print, Braille, audio recordings, Web-based communications and other electronic formats. E-mail general.toxicology@state.or.us, or call 1-877-290-6767 to arrange for the alternative format that will work best for you.

SEAFOOD GUIDE

Fishing for the safest seafood?



Are you pregnant, planning to become pregnant, nursing or feeding young children, or concerned about toxics in fish?

Use this guide to help you make healthy choices for you and your family.

FOLD HERE

**SAFE TO EAT
2-3 MEALS
PER WEEK**



OR

**SAFE TO EAT
1 MEAL
PER WEEK**



**AVOID OR
EAT RARELY
DUE TO MERCURY**



**Do you fish
in Oregon?**



Follow this advice for health benefits and reduced exposure to mercury, PCBs and other toxics:

Especially women who are or may become PREGNANT, NURSING moms and CHILDREN should NOT eat:

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.

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

Check for local fish advisories at:
www.healthoregon.org/fishadv

or call:
1-877-290-6767

or see the
Oregon Sport Fishing Regulations

♥ Anchovies
Butterfish
Catfish
Clams
Cod (Pacific) (Atlantic)
Crab (Blue, King, Snow)
(US, CAN) (imported King)
Crab-Imitation
Crayfish (imported farmed)
Flounder/Sole (Pacific)
(Atlantic)
Haddock
♥ Herring
♥ Mackerel (canned)
Ocean Perch
♥ Oysters
Pollock/Fish sticks
Tuna (canned light)

♥ Salmon (fresh, canned)
♥ Chinook (King)
(coastal, AK)
♥ Chum (Keta)
♥ Coho (Silver)
♥ Farmed*
♥ Pink
♥ Sockeye
♥ Sardines
Scallops
Shrimp/Prawn (US, CAN)
(imported)
Squid/Calamari
Tilapia
(US, Central/South
America) (China, Taiwan)
♥ Trout

♥ Black sea bass
Chilean sea bass
♥ Chinook salmon
(Puget Sound)
Croaker (white, Pacific)
Halibut (Pacific) (Atlantic)
Lobster (US, CAN)
(imported Spiny Caribbean)
Mahi mahi
(imported longline)

Monkfish
Rockfish/Red snapper
(trawl-caught)
♥ Sablefish/Black Cod
♥ Tuna, Albacore
(fresh, canned white)
(WA, OR, CA troll/pole)
(longline except Hawaii)



A seafood serving or "meal" is about the size and thickness of your hand, or 1 oz. for every 20 lbs. of body weight.

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

Mackerel (King)
Marlin (imported)
Shark
Swordfish (imported)
Tilefish (Gulf of Mexico,
South Atlantic)

.....
.....
.....
.....
.....

Tuna Steaks
Bluefin
Bigeye
(imported longline)
Yellowfin (imported
longline)

♥ Highest in healthy omega-3 fatty acids

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

*For environmental and health information visit
www.doh.wa.gov/fish/farmedsalmon