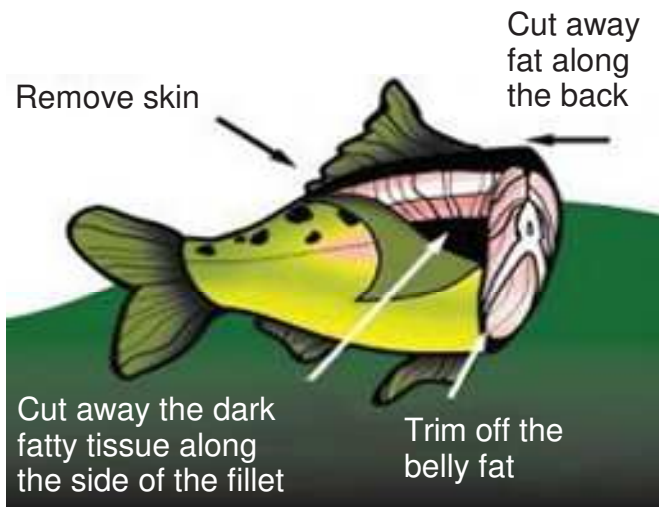


How should fish be cooked?

Mercury cannot be cooked out of fish, but you can cut down on PCBs that are stored in the fat. To cut down on PCBs:

- Eat only fish fillets. Cut off skin, fat along the back and side, and belly flap before cooking or eating.
- Let the fat drip off by baking, grilling or broiling the fish on a rack.
- Do not batter or bread fish before cooking. Batter and breading hold in fat.



Other tips

- Try not to eat the same type of fish each time. Instead, eat many different types.
- Small fish have less mercury and PCBs than large fish.
- Avoid eating crab “mustard” - most PCBs are stored in this liver-like organ.
- To avoid germs, wash your hands before and after you handle seafood.
- If you have questions, contact one of the agencies below.



MDE
Lawrence J. Hogan, Jr.,
Governor



Boyd K. Rutherford,
Lieutenant Governor



Fish Facts for:

- Pregnant women
- Women who may become pregnant
- Nursing mothers
- Children of age 6 and younger



Fish, crabs, and other seafoods can be an important part of a healthy diet.

- Most are safe to eat, but some have elevated levels of mercury or Polychlorinated biphenyls (PCBs).
- Mercury and PCBs may harm a growing brain or body. The information in this brochure offers suggestions on how to enjoy fish while minimizing health risks from mercury or PCBs.

If you eat seafood often:

- Eat up to 2 servings a week of fish or seafoods that are lower in mercury & PCBs - the **Green Group**.
- If you eat one serving from the **Yellow Group**, do not eat any other fish or seafood during the same week.
- If you eat one serving from the **Orange Group**, do not eat any other fish or seafood during the same month.

Women and Children’s Guide to choosing fish and seafood from fish markets, stores, and restaurants. Source: U.S. Food and Drug Administration.

Green Group - 2 servings /week

- Catfish: store bought
- Clams
- Crabs (without “mustard”)
- Cod
- Flounder
- Haddock
- Oysters
- Pollock
- Salmon
- Sardines
- Scallops
- Shrimp
- Tilapia
- Trout
- Tuna (only light tuna)

Yellow Group - 1 serving / week

- Tuna (Albacore “White” Tuna)

**Orange Group - 1 serving / month
(children 1 serving every other month)**

- Striped Bass (28” and greater)
Source: MDE

Red Group - Do Not Eat

- Crab “Mustard”
- King Mackerel
- Shark
- Swordfish
- Tilefish

How large is one serving?

Women: 9 crabs; 1 can of tuna; 8 ounces of Fish (fillet) - about the size of 2 decks of cards
Children: 4 crabs; half a can of tuna; 3 ounces of fish (fillet) - about the size of 1 deck of cards

For more information about seafood from stores or restaurants, contact:
 U.S. Food and Drug Administration ☎ 1-888-SAFEFOOD (723-3366)
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm>

For information about fish caught in Maryland waterways, contact:

Maryland Department of the Environment
 ☎ 410-537-3818 www.mde.state.md.us