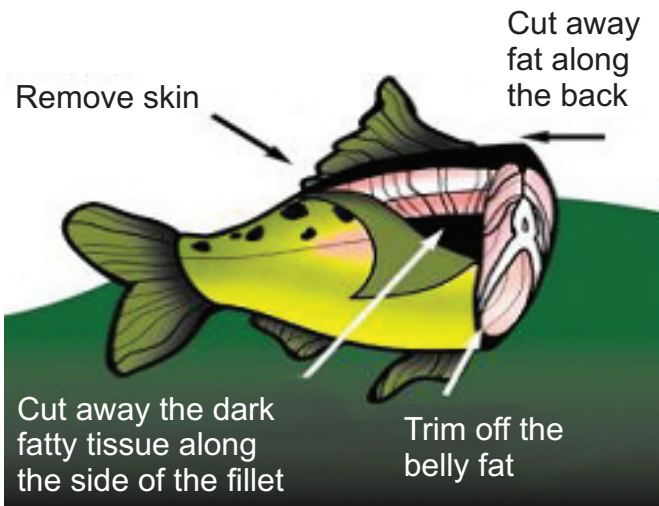


## How should fish be cooked?

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.



## 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 each week**

- ♦ Catfish: store bought
- ♦ Clams
- ♦ Cod
- ♦ Flounder
- ♦ Haddock
- ♦ Oysters
- ♦ Pollock
- ♦ Salmon
- ♦ Sardines
- ♦ Scallops
- ♦ Shrimp
- ♦ Tilapia
- ♦ Trout
- ♦ Tuna (only light tuna)

**Yellow Group - 1 serving each week**

- ♦ Tuna (Albacore “White” Tuna)

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

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

**Red Group - Do Not Eat**

- ♦ 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 (7266-3663)

<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](http://www.mde.state.md.us)