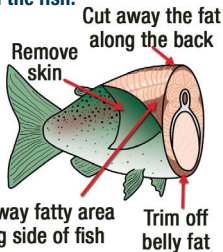


Oregon

Sport-caught Fish

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.**



***Mercury cannot be removed through cooking and cleaning.**

TEAR HERE

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.



FOLD HERE

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

Oregon
Health
Authority

This card was developed by Washington State Department of Health and modified for Oregon by the Oregon Public Health Division.

You can get this document in other languages, large print, braille or a format you prefer. Call 1-877-290-6767 or email general.toxicology@state.or.us. We accept all relay calls or you can dial 711.

OHA 9718 (03/17)

FISH AND SEAFOOD GUIDE

Looking for the **safest** catch?



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**



**SAFE TO EAT
1 MEAL
PER WEEK**



**AVOID OR
EAT RARELY
DUE TO MERCURY**



**Do you fish
in Oregon?**



Follow this advice to reduce your exposure to mercury, PCBs, and other toxic chemicals:

**Women who are or may become
PREGNANT, NURSING MOTHERS,
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.

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

- ♥ **Salmon** (fresh, canned)
- ♥ Chinook (King) (coastal, AK)
- ♥ Chum (Dog, Keta)
- ♥ Coho (Silver)
- ♥ Farmed*
- ♥ Pink (Humpy)
- ♥ Sockeye (Red)
- ♥ Sardines (US Pacific) (US Atlantic)
- Scallops
- Shrimp/Prawn (us, Canada)(imported)
- Squid/Calamari (Mitre, Indian spp)
- Tilapia
- ♥ Trout
- Tuna (canned light) (troll/pole) (imported longline, purse seine)

- Chilean sea bass (Chile) (Crozet, Prince Edward and Marion Islands)
- ♥ Chinook salmon (Puget Sound)
- Croaker (white, Pacific)
- Halibut (Pacific)(Atlantic)
- Lobster (US, Canada) (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) (imported longline)
- Tuna, Yellowfin (imported longline)

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.

- Mackerel (King)
- Marlin (imported)
- Shark (CA, HI, Mako, Thresher)
- Swordfish (imported)
- Tilefish (Gulf of Mexico, South Atlantic)

- Tuna Steak
- Bluefin
- Bigeye (imported longline)
- Orange Roughy

♥ Highest in healthy omega-3 fatty acids.

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

* Farmed salmon information:
www.doh.wa.gov/fish/farmedsalmon

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

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