

## Choose Safer Fish

Certain fish naturally build up fewer contaminants in their bodies than others, making them a healthier option for you.

### From Ohio waters,

Choose:

- Crappie
- Yellow perch
- Bluegill
- Sunfish



Avoid:

- Fish from a body of water known to be contaminated
- Bottom-feeders and suckers
- Older, larger fish which have had more time to build up contaminants



### From grocery stores and restaurants,

Choose:

- Shrimp
- Canned light tuna
- Salmon
- Tilapia



Avoid:

- Shark
- Swordfish
- Tilefish
- Orange roughy
- Bigeye tuna
- Marlin
- King Mackerel

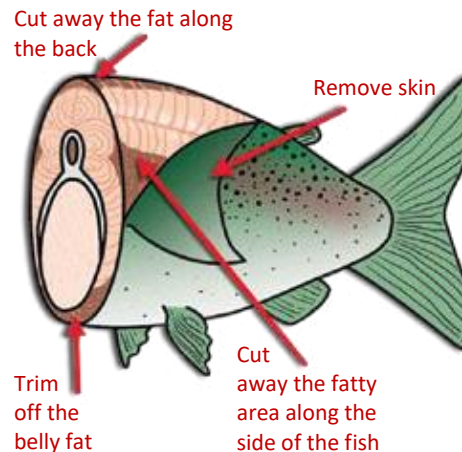


**Keep in mind that one serving of fish is 4 – 6 ounces for adults and 2 – 3 ounces for children.**

## Prepare It Healthy

When preparing whole fish, trim off the skin and fat to reduce contaminants.

Cook and eat only the fillet. Baking, broiling, or grilling the fish can cook off PCBs, and these methods won't add extra unhealthy fats as with frying. For Ohio sportfish recipes, visit <http://wildlife.ohiodnr.gov/education-and-outdoor-discovery/wild-ohio-cookbook/fish-recipes>



## For More Information

Ohio Environmental Protection Agency  
(614) 644-2160  
(800) 755-4769  
[fishmail@epa.ohio.gov](mailto:fishmail@epa.ohio.gov)

Ohio Department of Health  
(614) 728-9452  
[BEH@odh.ohio.gov](mailto:BEH@odh.ohio.gov)

Ohio Department of Natural Resources  
1-800-WILDLIFE (945-3543)  
[wildinfo@dnr.state.oh.us](mailto:wildinfo@dnr.state.oh.us)  
[wildlife.ohiodnr.gov/fishing/fishing-basics](http://wildlife.ohiodnr.gov/fishing/fishing-basics)

# Fish For Your Health

Advice for making Ohio-caught fish a healthy part of your diet.

2019



Ohio

Department of Health  
Department of Natural Resources  
Environmental Protection Agency

## Ohio-Caught Fish and Your Diet

There are many benefits to including fish in a balanced diet for people of all ages. Fish are high in protein, low in fat, and contain healthy oils called omega-3s. Additionally, fishing can be a rewarding hobby that brings people closer to nature, provides a source of natural food, and can even help with wildlife conservation.

Unfortunately, some fish in Ohio's waters are contaminated with harmful chemicals like methylmercury and a group of chemicals called PCBs. Over time, eating contaminated fish can cause health problems. Children and infants, women of childbearing age, and pregnant and breastfeeding women should limit meals of contaminated fish.

If you are eating Ohio-caught fish often, it is important to understand how to choose and prepare fish with fewer contaminants to protect your health. The Ohio Sport Fish Consumption Advisory provides helpful guidance on choosing which Ohio fish are safer to eat and helps to protect you and your family from chemicals that may harm your health. You do not have to give up eating wild-caught Ohio fish to maintain a healthy lifestyle.

Pregnant women should always consult their doctors about how to include fish in their diet.



## Myths and Facts

Test your knowledge about eating Ohio-caught fish with the myths and facts below.

**Myth 1:** Since some fish in Ohio have contaminants, I shouldn't eat any fish at all to be on the safe side.

**Fact:** The benefits of eating fish are greater than the risks.

**Myth 2:** Adult men and women don't need to worry about fish contaminants.

**Fact:** Although children under 15, including nursing infants, and unborn babies whose mothers eat fish are most affected, studies show that eating highly contaminated fish regularly is a problem for all people. Eating fish with high levels of mercury can lead to adult heart problems. In extreme cases, it can cause problems with the brain and nerves.

**Myth 3:** The water I fish in looks clear, and the fillets look clean, so the fish is safe to eat.

**Fact:** You can't always see contamination. The best way to know what waters are safe to fish in is to check the Ohio Sport Fish Consumption Advisory.

**Myth 4:** Fish from grocery stores and restaurants is not as contaminated as fish caught in Ohio.

**Fact:** Ohio fish have similar amounts of mercury as fish from grocery stores and restaurants. An Ohio-caught black crappie or saugeye has about as much mercury as a can of light tuna.

## Know Ohio's Affected Waters

In general, a person should eat no more than one serving of Ohio-caught fish every week. In some Ohio waters, fish should be catch and release only. The chart below identifies some fish from a few specific water bodies that should **never** be eaten in any amount.

Affected Waterways	Species
<b>Dicks Creek</b>	
Cincinnati-Dayton Road, Middletown to the Great Miami River (Butler County)	All Species
<b>Great Miami River</b>	
Dayton (River Miles 75 – 87)	Common Carp Channel Catfish
<b>Little Scioto River</b>	
State Route 739, near Marion to Holland Road, near Marion (Marion County)	All Species
<b>Ohio River</b>	
Pennsylvania Border, East Liverpool, to Belleville Lock (Athens, Belmont, Columbiana, Jefferson, Meigs, Monroe, Washington Counties)	Channel Catfish 18" and over
<b>Tuscarawas River</b>	
Massillon to State Route 416, New Philadelphia (Stark, Tuscarawas Counties)	Common Carp

## Download a Full Advisory Guide

For a guide of all fish advisories in Ohio, visit [epa.ohio.gov/dsw/fishadvisory/index.aspx](http://epa.ohio.gov/dsw/fishadvisory/index.aspx)