

Choose and catch fish that contain fewer contaminants.

Group 1 - Enjoy

Anchovies
Bluegill
Catfish, U.S. farm-raised
Crab
Crappie
Flounder
Herring
Mullet
Oysters
Perch
Pollock
Rainbow Trout
Salmon
Sardines
Scallops
Shrimp
Sole
Squid
Tilapia (wild-caught, not farm-raised)
Whitefish

Group 2 - Acceptable

Catfish (wild-caught)
Cod
Jack Smelt
Mahi Mahi
Snapper
Tuna, canned light

Group 3 - Limit

Adults - limit to 8 ounces per week
Children - limit to 2-4 ounces per week

Sea Bass
Bluefish
Halibut
Lobster
Northern Pike (greater than 30")

Sablefish
Scorpion Fish
Sea Trout
Tuna (Albacore)
Tuna (fresh, frozen)
Walleye (greater than 15")
White Bass

Group 4 - Not Recommended

Grouper
Smallmouth and Largemouth Bass (greater than 18")
Mackerel
Marlin
Orange Roughy

Group 5 - Avoid

Shark
Swordfish
King Mackerel
Tilefish

Please see Nebraska fishing regulations for length and protected slot limits for fish at certain waterbodies <http://Nebraskan.ne.gov/fishing/guides/fishguide/pdf/FishGuide.pdf>

For more information on selecting and serving fish, please see the FDA webpage link below:
www.fda.gov/food/resourcesforyou/consumers/ucm077331



AA/EOE/ADA

Prepared by the:
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Quality's Fish Tissue Monitoring Program.

Eat Safe Fish in Nebraska

Learn about eating
safe, locally caught,
store-bought, and
restaurant fish

www.nebraska.gov/eatsafefish

S

Smaller fish are better
(They tend to contain
fewer contaminants)

A

Avoid large predator fish
& bottom-feeders (They
accumulate more
contaminants)

F

Fat, skin & organs should
be removed (Most
contaminants are stored
in the fat, skin & organs
of the fish)

E

Eat fish that have been
broiled or grilled on a rack
(So more fat can drip away
while cooking)

Why Eat Fish?

- > Fish are a great low-fat source of protein
- > Fish contain heart-healthy omega-3 fatty acids
- > Fish are rich in vitamins such as B2 and D, and minerals, such as iron, zinc, iodine, magnesium, and potassium
- > Fish nutrients keep our heart and brain healthy

Why Are There Contaminants In Fish?

- > Contaminants can persist in the environment and accumulate in living things, such as fish
- > Contaminants like PCBs and some insecticides build up in the fat of the fish
- > Mercury is one contaminant that stores in fish muscle or the fillet

Note: Pregnant or nursing women, and young children especially, should follow these guidelines, as a developing nervous system is particularly sensitive to mercury.

See the Eat Safe Fish Webpage for more detailed information, including local fish consumption advisories.

www.nebraska.gov/eatsafefish

