

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

NEBRASKA

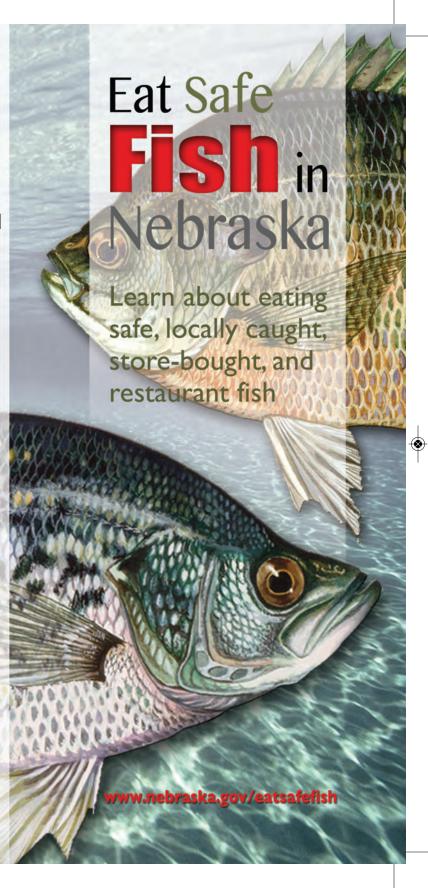
Good Life. Great Mission.

Nebraska Department of Environmental Quality

PEPT. OF HEALTH AND HUMAN SERVICES

AA/EOE/ADA

Prepared by the:
Nebraska Dept. of Health & Human Services
Environmental Risk Assessment Program in cooperation
with the Nebraska Department of Environmental
Quality's Fish Tissue Monitoring Program.





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- Smaller fish are better (They tend to contain fewer contaminants)
- Avoid large predator fish & bottom-feeders (They accumulate more contaminants)
 - Fat, skin & organs should be removed (Most contaminants are stored in the fat, skin & organs of the fish)
- 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