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://outdoornebraska.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

Department of Health & Human Services
DHHS
NEBRASKA

Nebraska Department of Environmental Quality

AA/EOE/ADA

Prepared by the:
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Eat Safe Fish in Nebraska

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

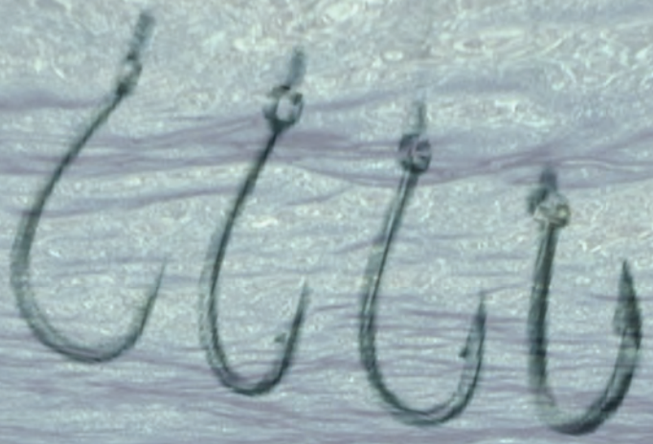
www.nebraska.gov/eatsafefish

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