



Make smart choices when eating locally caught fish.

Do You and Your Family Eat Fish Caught in Western New York?



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Written by Katy Brown and Sarah Cunningham

Graphic Design by Joel Brenden

Fish images by Ellen Edmonson and Hugh Chrisp

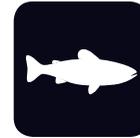
Follow these tips to make your fish meals healthier and less polluted.

1 Check Health Advisories



To help people make healthier choices about which fish they eat, the New York State Department of Health issues health advisories. For advice on how much fish you should eat from local waterways, go online to nyhealth.gov/fish or call the Department of Health toll-free at (800) 458-1158.

2 Choose



Eat smaller, younger fish. Larger, older fish have lived in the water longer and tend to build up more chemicals in their bodies than smaller, younger fish. The following types of fish are often less polluted and a healthier choice:



Yellow Perch



Rock Bass



Pumpkinseed



Bluegill



Black Crappie

3 Clean



Many harmful chemicals are in the fatty parts of the fish, such as the head, guts, and skin. To remove up to half of some chemicals from your meal, remove all the fatty parts before cooking. Do not eat fatty parts. Throw them away.

4 Cook



Cook and eat only the skinless fillet. The skinless fillet has the least chemicals. Cook fish on a rack or in ways that allow the fat to drip off, like baking, grilling, broiling and steaming. Do not eat or use cooking liquids and fats to make soups or sauces. They contain many chemicals.

5 Plan Your Meals



Consider eating fish from Lake Erie or other waterways that do not have New York State Department of Health Advisories. For adults, eat no more than a half-pound of locally caught fish each week. Children should eat smaller fish meals than adults. A half pound, uncooked fish fillet is about the size and thickness of two decks of cards, or an adult hand.

Learn More Talk to your doctor if you have any health questions or concerns.

Fish can be a very healthy meal for you and your family.

However, some fish may be harmful to eat. Fish caught from some rivers and lakes in Western New York are polluted with harmful chemicals.



When we eat polluted fish, the chemicals in their bodies may pass to ours and build up over time. Eating a lot of polluted fish may be bad for our health.

Everyone is at risk from eating polluted fish. Some people are more at risk than others.

Babies and Children Under 15



The brains and bodies of children under 15 are very sensitive to pollution because they are still growing. If children eat a lot of polluted fish, harmful chemicals can build up in their bodies and affect how their brains grow and work. They may have problems with memory, attention, motor skills, and language development. These chemicals may also affect a child's ability to fight infection and disease.

Pregnant Women



The time a baby spends inside of its mother is very important for its health. If a woman eats a lot of polluted fish before or during pregnancy, she may pass harmful chemicals that have built up in her body to her baby. Babies are very sensitive during this time and these chemicals may affect how their brains and bodies grow and work in the future. Harmful chemicals may also affect a woman's pregnancy by causing the baby to be born too early and have a lower birth weight.

Breastfeeding Babies and their Mothers



If a woman eats a lot of polluted fish before or while breastfeeding, she may pass harmful chemicals that have built up in her body to her baby through her breast milk. Even if you have eaten polluted fish in the past, **DO NOT STOP** breastfeeding. Breastfeeding is very important and healthy for babies! Store bought formula does not have the same health benefits to a growing baby as breast milk.

Women Who May Become Pregnant in the Future



If a woman eats a lot of polluted fish before she becomes pregnant, harmful chemicals from these past meals may build up in her body and stay there for many years. These chemicals may be passed to her baby if she becomes pregnant in the future.



You should not stop eating ALL fish!

Women and children should be careful when eating fish caught from certain rivers and lakes in Western New York because of chemical pollution.