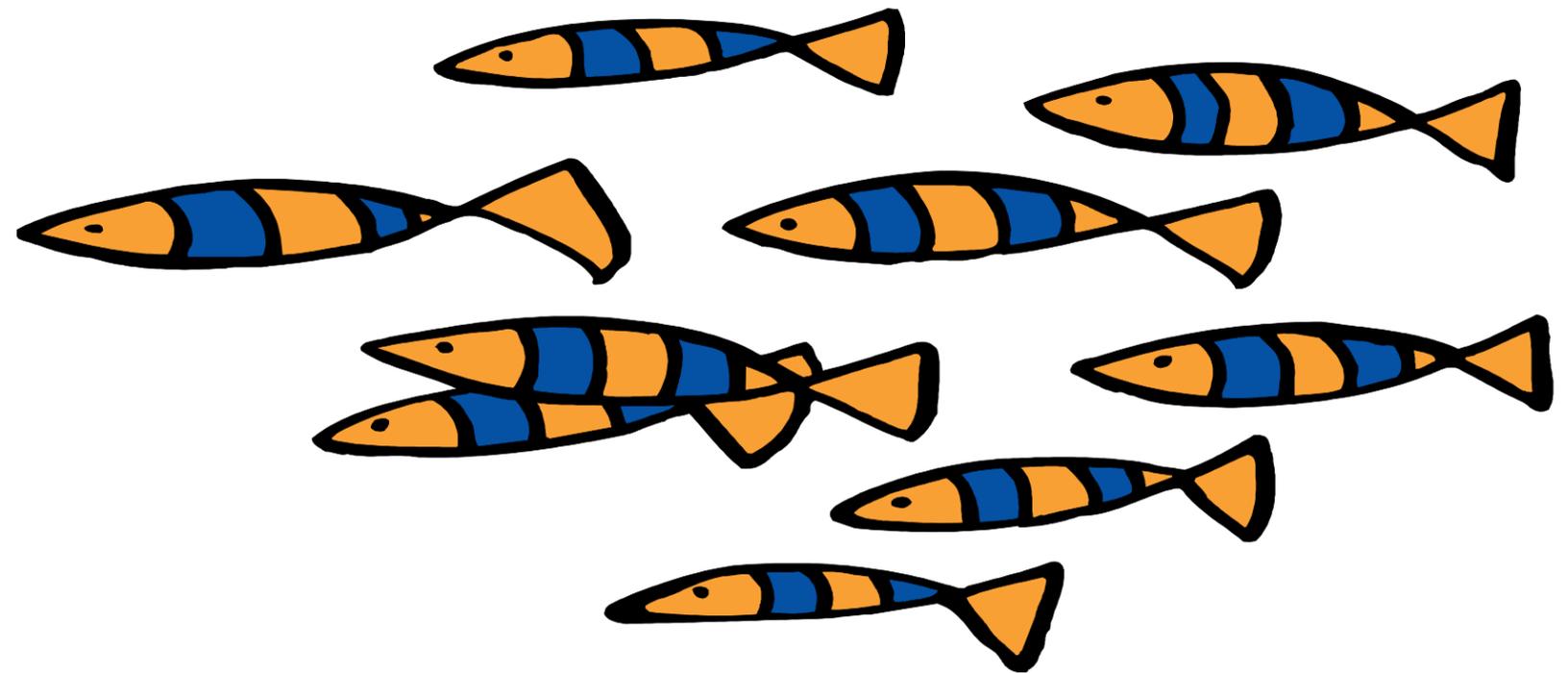
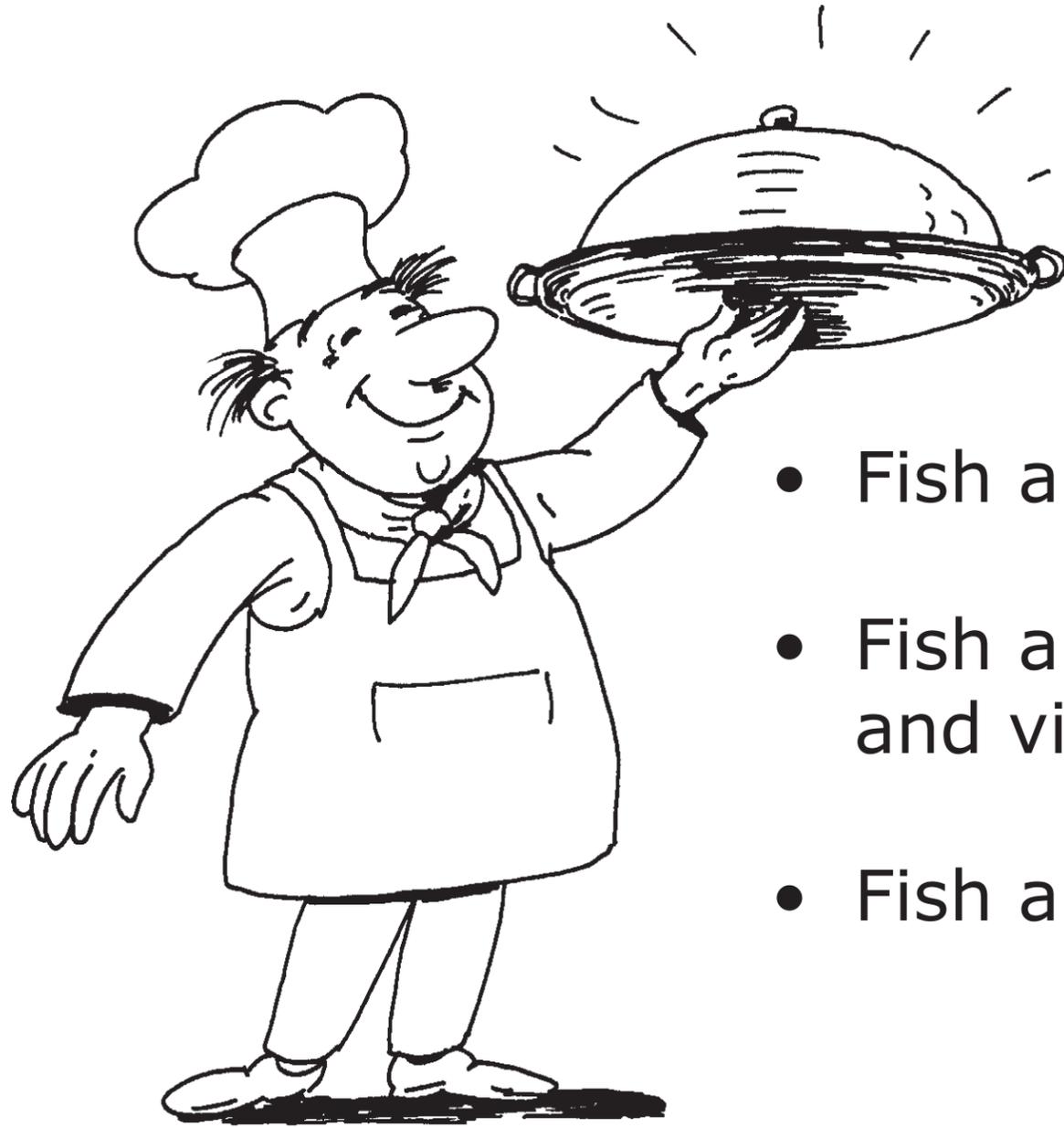


CONTAMINANTS IN FISH & SEAFOOD

A Guide to Safe Consumption

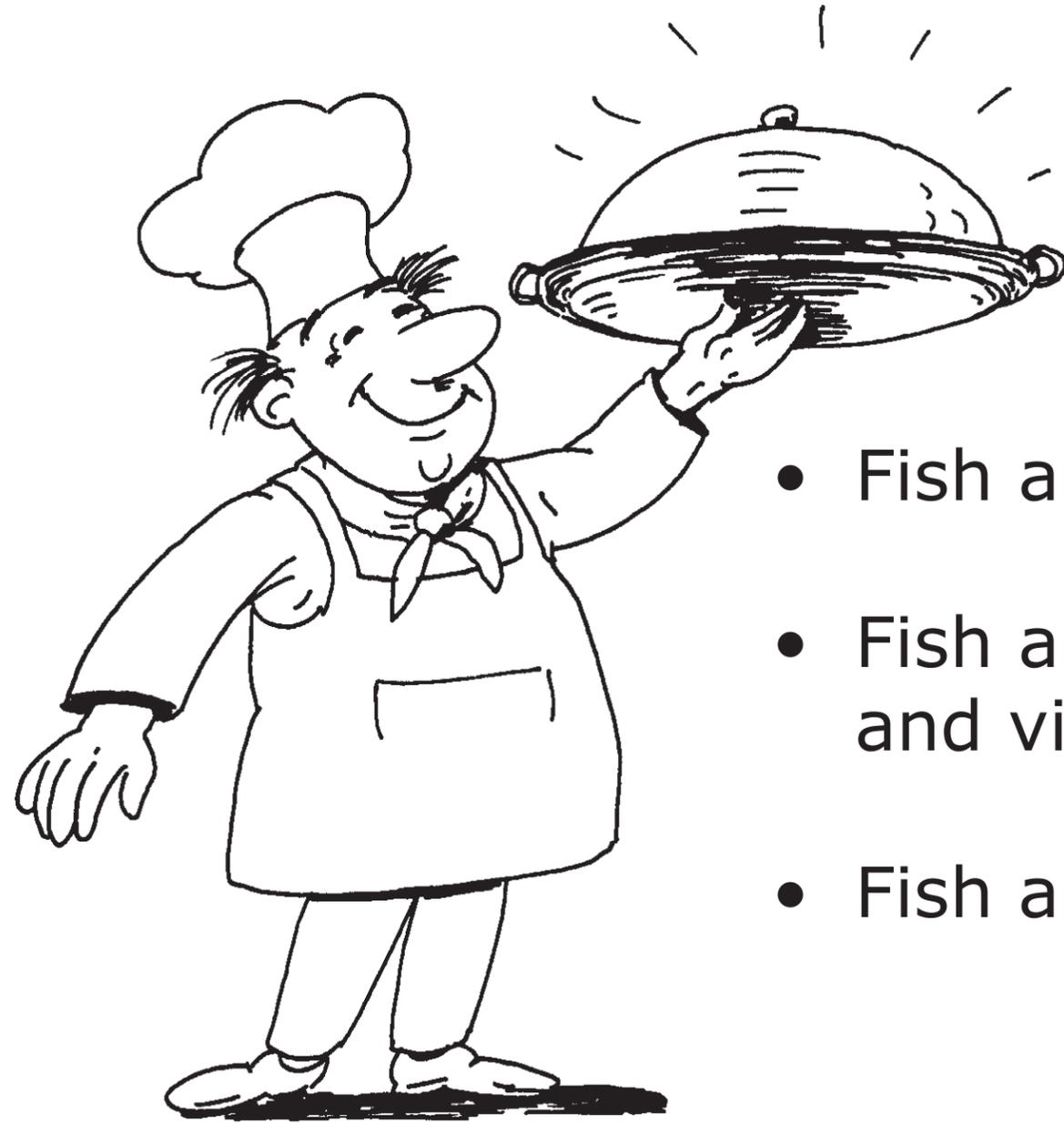


Benefits of Eating Fish



- Fish are part of a healthy, well-balanced diet.
- Fish are a great source of proteins, minerals, and vitamins.
- Fish are low in saturated fats.

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side 2

Comparison of Food Composition

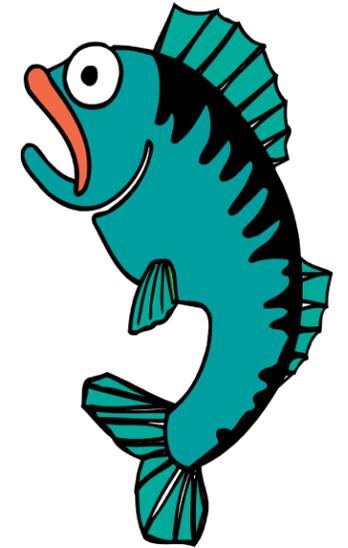
	<u>Amount</u>	<u>Calories</u>	<u>Protein (grams)</u>	<u>Fat (grams)</u>
Beef burger	3.5 oz.	219	27.4	11.3
Chicken roasted	3.5 oz.	166	31.6	3.4
Egg	1 large	82	6.5	5.8
Halibut	3.5 oz.	171	25.2	7.0
Herring	3.5 oz.	98	17.5	2.6
Ocean Perch	3.5 oz.	227	19.0	13.3

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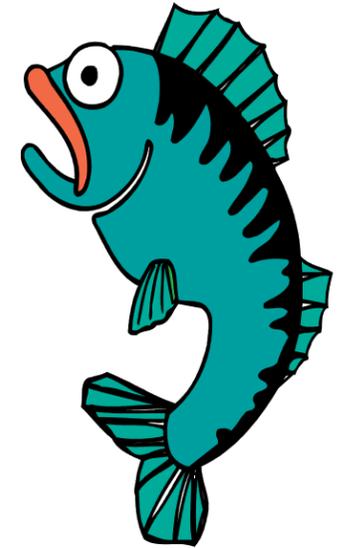
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Concerns about Eating Fish



- Fish can contain harmful chemicals called contaminants.
- These chemicals can cause long-lasting health problems.
- Contaminated fish don't look, smell, or taste different, but can still be harmful.
- Be especially careful if you are pregnant, nursing a baby, or have a young child.

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Mercury: The Effects on Babies and Young Children

- Mercury can be found in some Illinois fish.
- Mercury can build up in your body, and you probably won't know it.
- Pregnant women can pass mercury to their babies during pregnancies.
- Higher levels of mercury can damage the nervous system, particularly in children.
- Even low amounts of mercury can cause learning problems in babies and children.



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PCBs: The Effects on Babies and Young Children

- PCBs can cause learning problems in children.
- Contact with PCBs during pregnancy or nursing can lead to behavior problems in children.



Your exposure to these contaminants before pregnancy matters too!



Women who may become pregnant should follow the fish consumption advice in this brochure, since traces of these contaminants may remain in your body for a period of time after ingestion. Over time, your body can rid itself of some contaminants; however, you can reduce your risk of exposure as well as your future child's risk by following the advice in this brochure as well as consulting your healthcare provider.

PCBs:

The Effects on Babies and Young Children

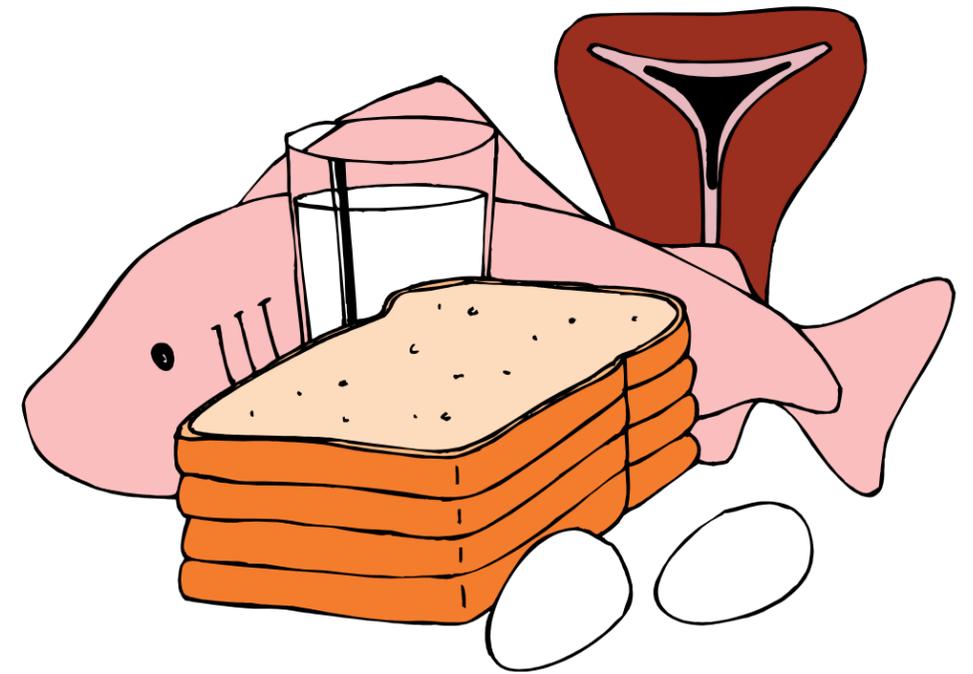
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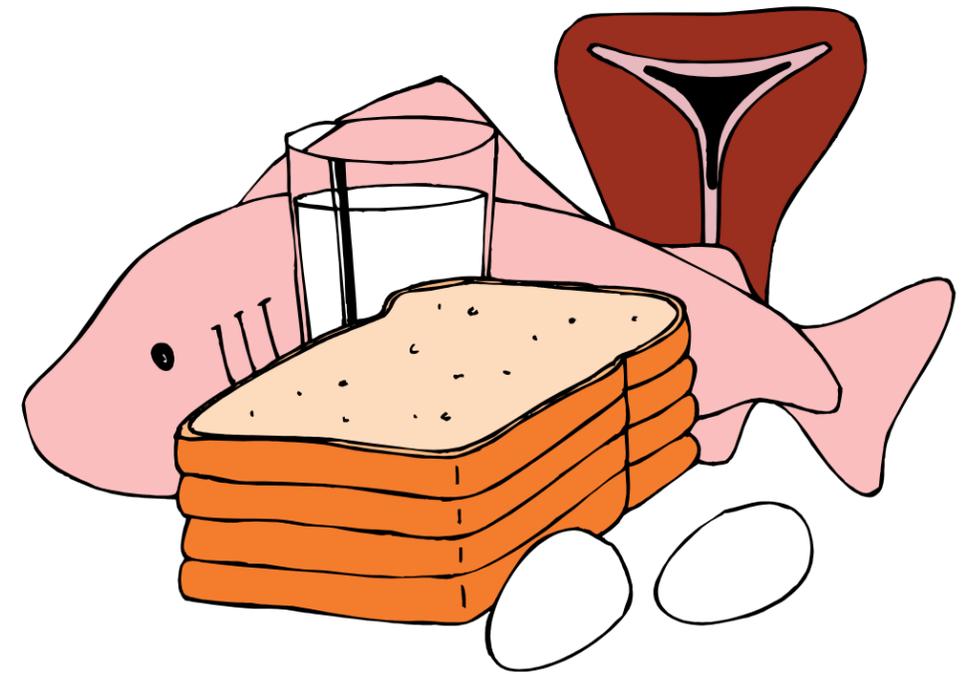
Protecting Babies and Young Children

- Eat a variety of foods, including fish.
- Consider the fish source when making meal choices.
- Discuss the fish you eat with your health-care provider.
- Carefully choose the fish you eat before becoming pregnant, during pregnancy, and while nursing.
- Consider making changes in how you eat fish. (e.g., the kind of fish you eat; the source of the fish; how much you eat; how often; and how you prepare the fish)



Protecting Babies and Young Children

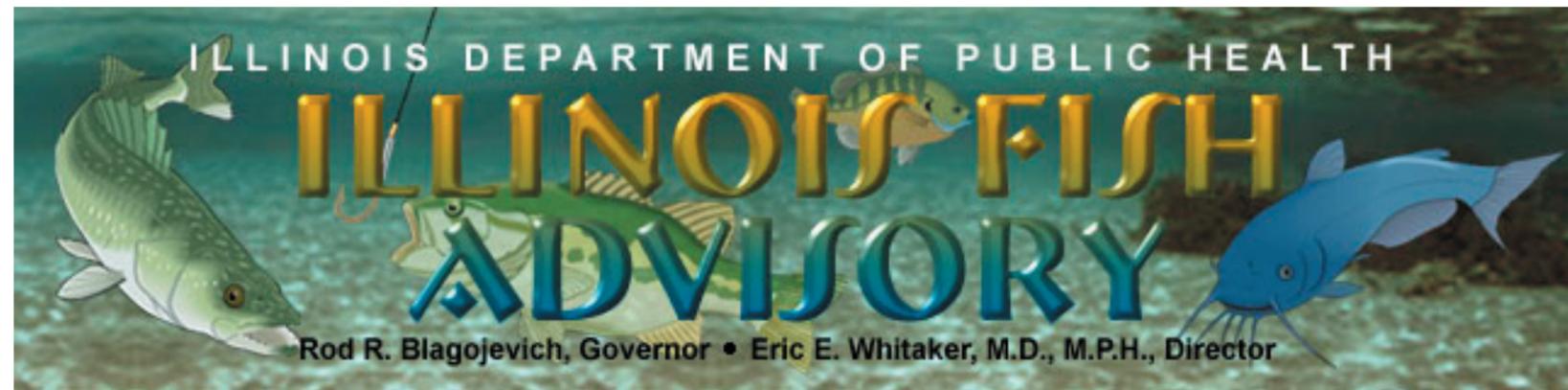
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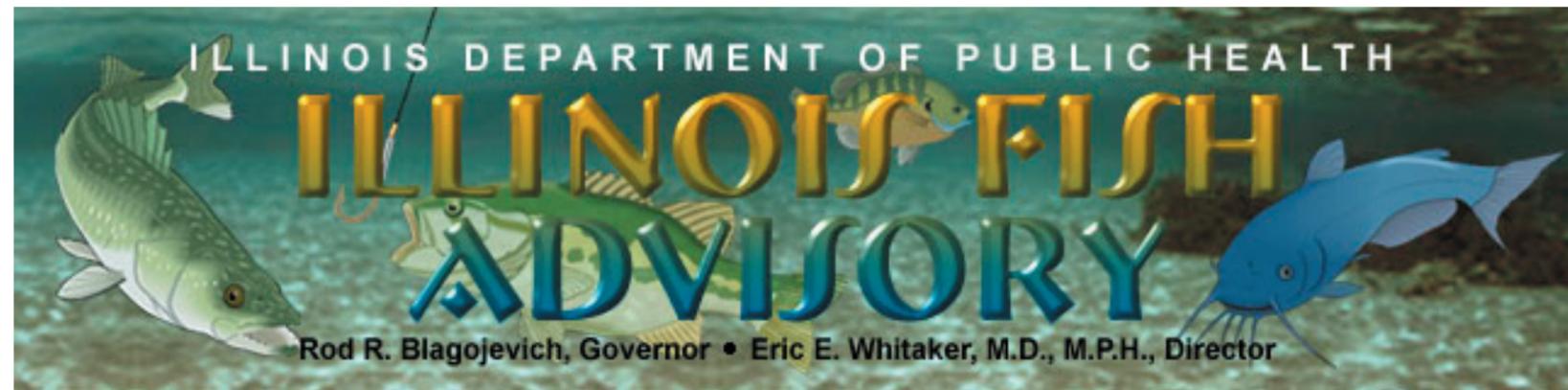
What are Fish Consumption Advisories?

- Fish are analyzed for harmful chemicals.
- State and federal agencies create guidelines about fish in your diet.
- With these guidelines, you can eat fish wisely.



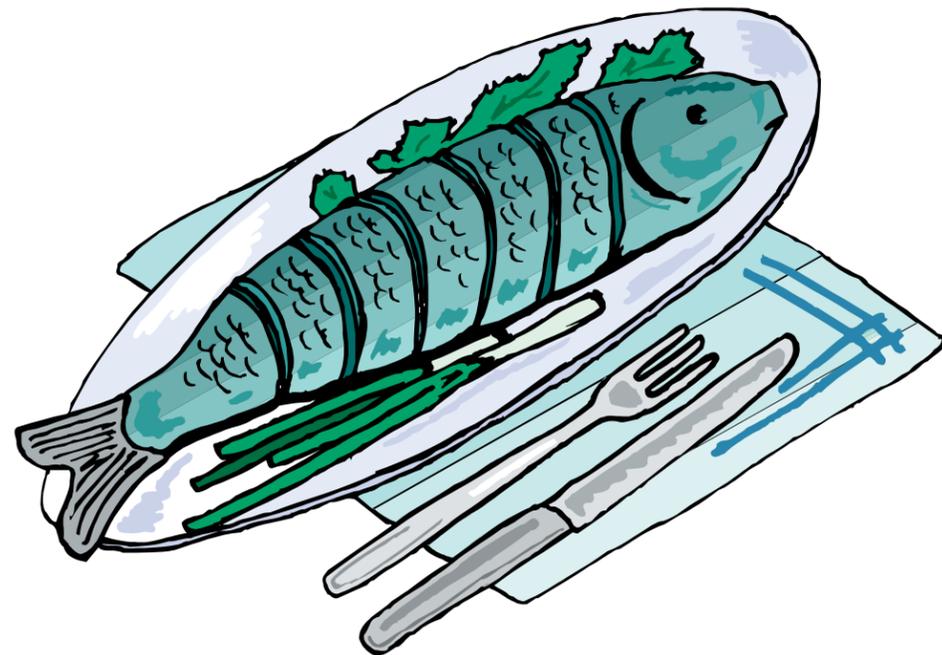
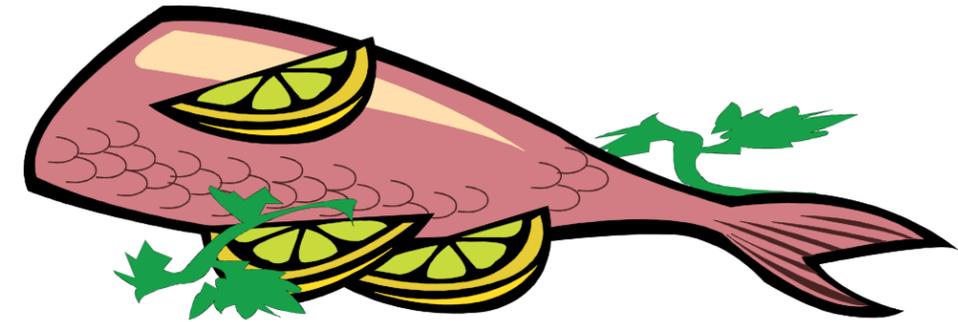
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What Can You Learn from Fish Advisories?

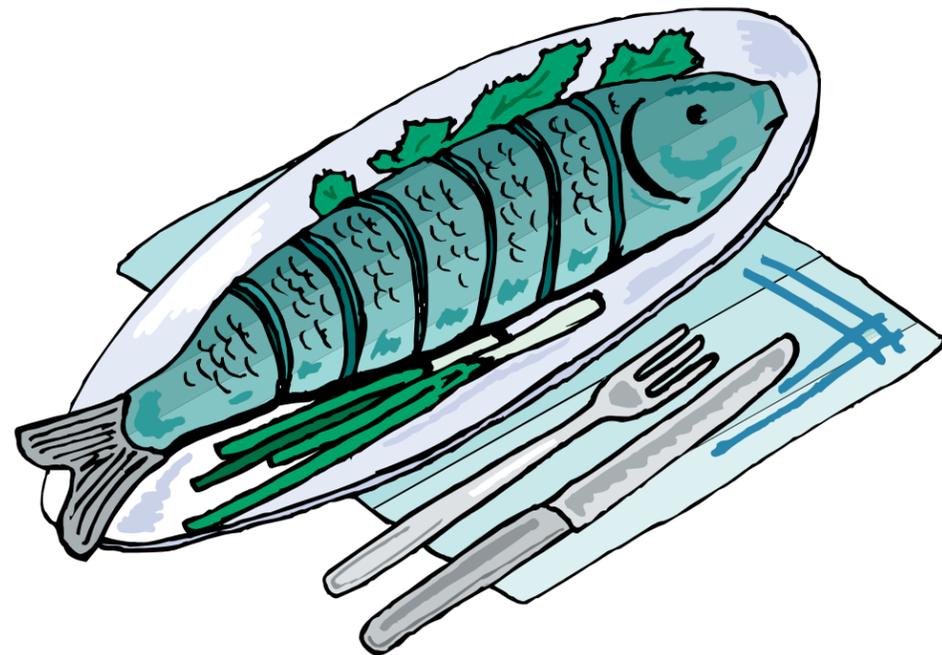
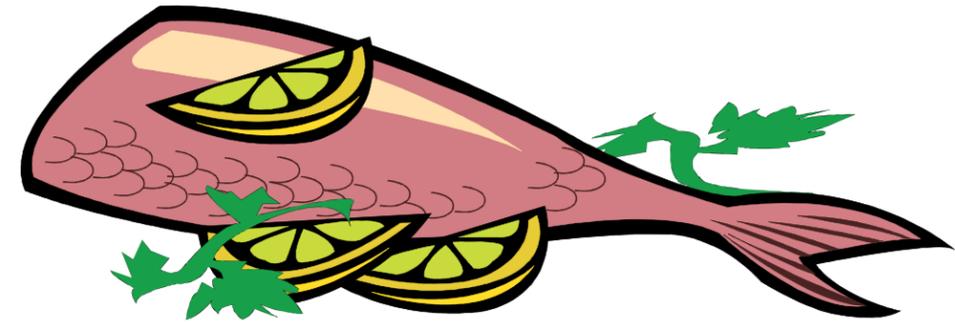
- Which fish are unsafe to eat.
- Which fish you should eat less of.
- Which fish you can eat more of.



The current Illinois fish consumption advisories relate to fish that have higher levels of mercury, (PCBs) polychlorinated biphenyls and chlordane.

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Who Should Follow Fish Consumption Advisory Guidelines?

- Pregnant or nursing women
- Women of childbearing age
- Children less than 15 years old



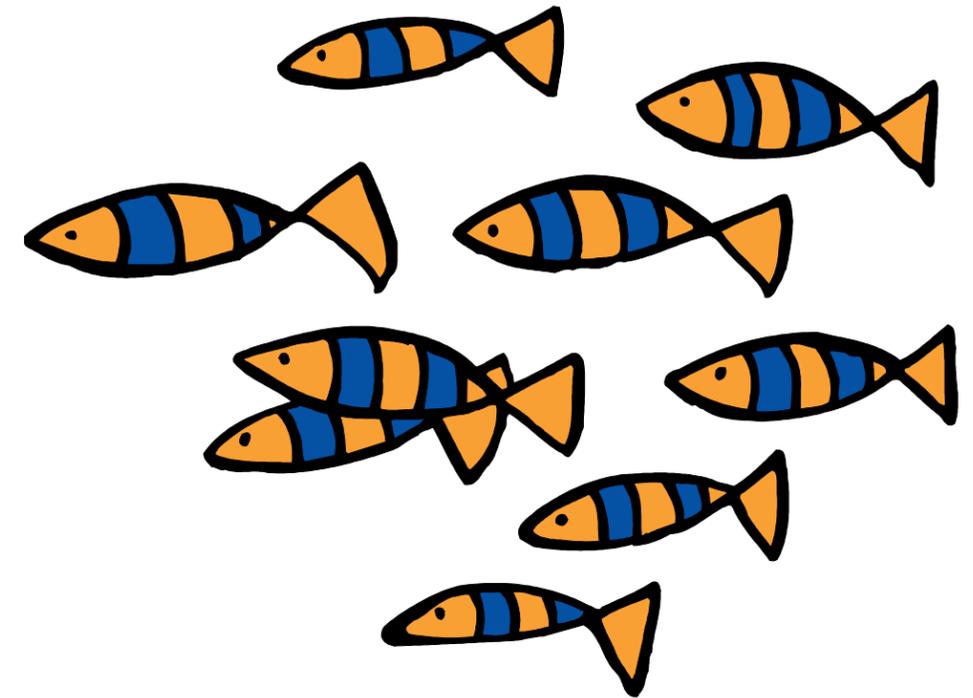
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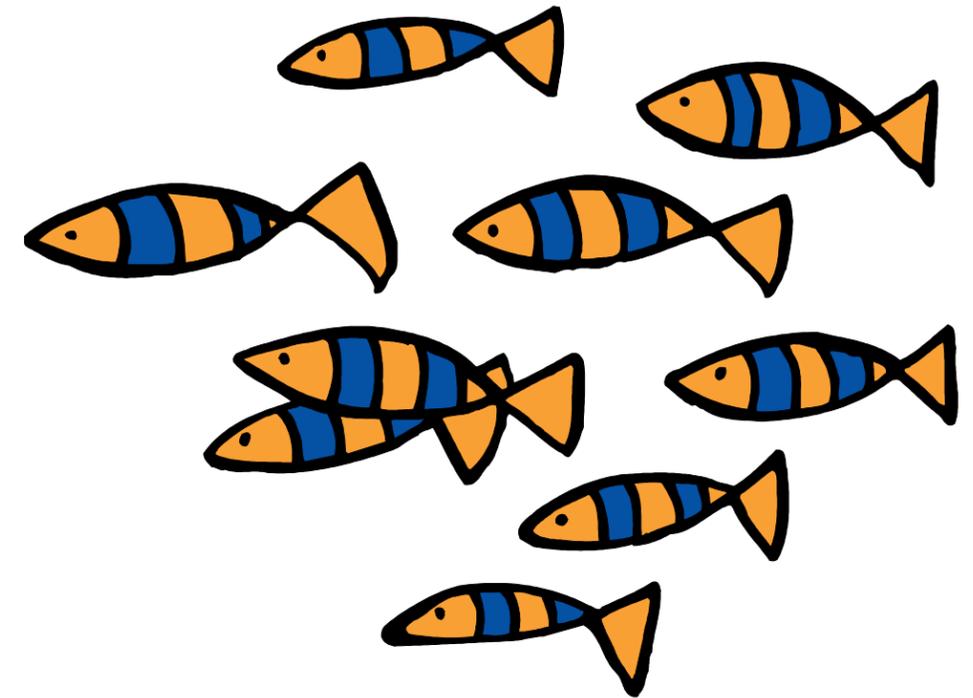
Know Your Fish

- Fatty fish build up PCBs and chlordanane. (salmon and coho)
- Fish that eat other fish have more contaminants. (largemouth bass)
- Larger, older fish tend to have more contaminants than younger, smaller fish.
- Bottom-feeding fish build up more contaminants.



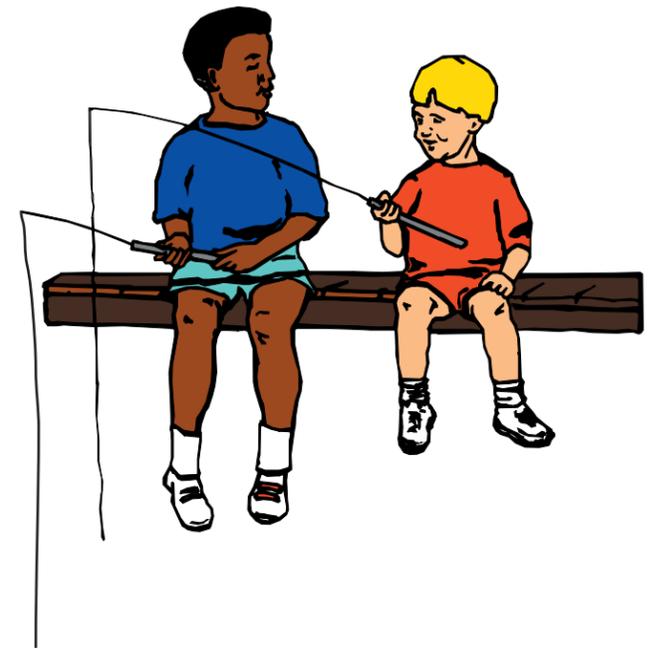
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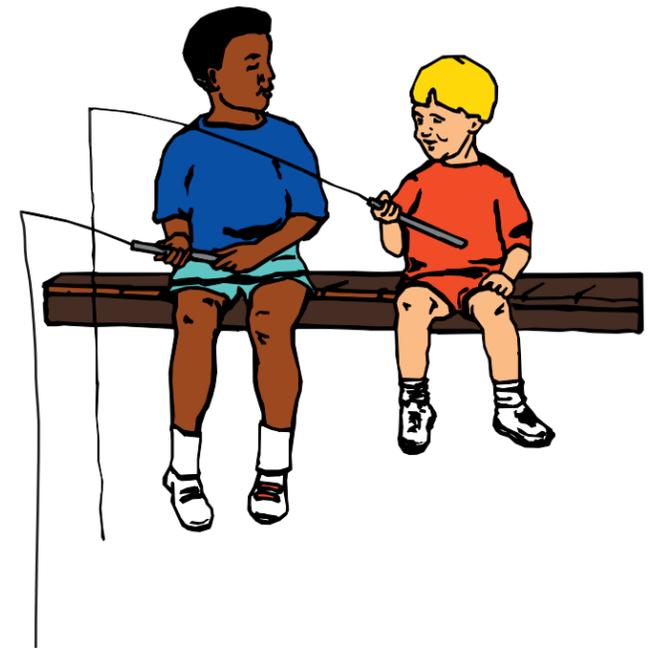
- Know where a fish was caught, then find out how often you should eat it.
- If you are given a fish, ask what species it is, where it was caught, and find out how often you can eat it.



- If you can't find out about where the fish was caught, then throw it away.

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How to Prepare and Cook Fish Wisely



- Remove parts that are higher in fat. (the organs, head, skin and the dark fatty tissue along the lateral line, backbone and belly)
- Bake or broil the fish to allow fat to drain. (on an elevated rack that allows fats to drain to the pan below; do not fry in collected fats)
- After cooking, discard all liquids. (Do not reuse for soups or sauces.)

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Are Store-Bought Fish Safe?



- Many popular fish have low levels of mercury and are low in fat.
- Women who might become pregnant (or are pregnant) should eat less of some fish species. (shark, swordfish, canned tuna, tuna steaks)
- In general, it is safe to eat 12 ounces of cooked fish each week.

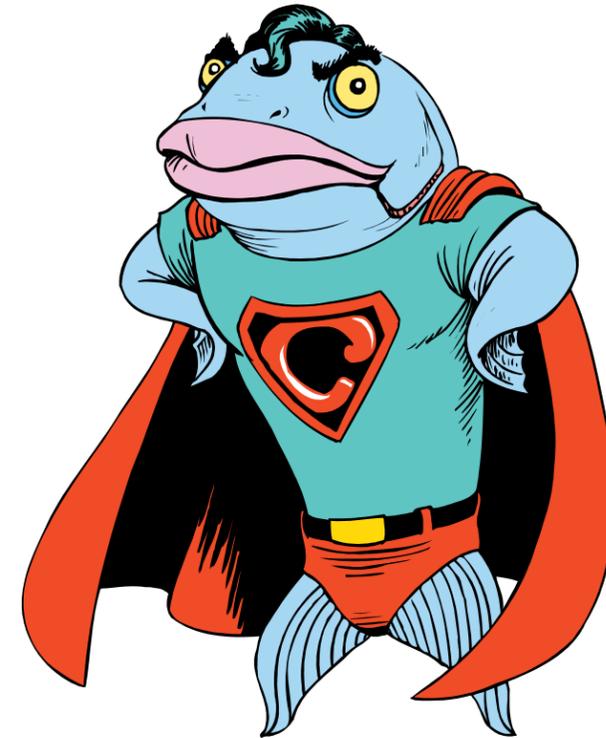
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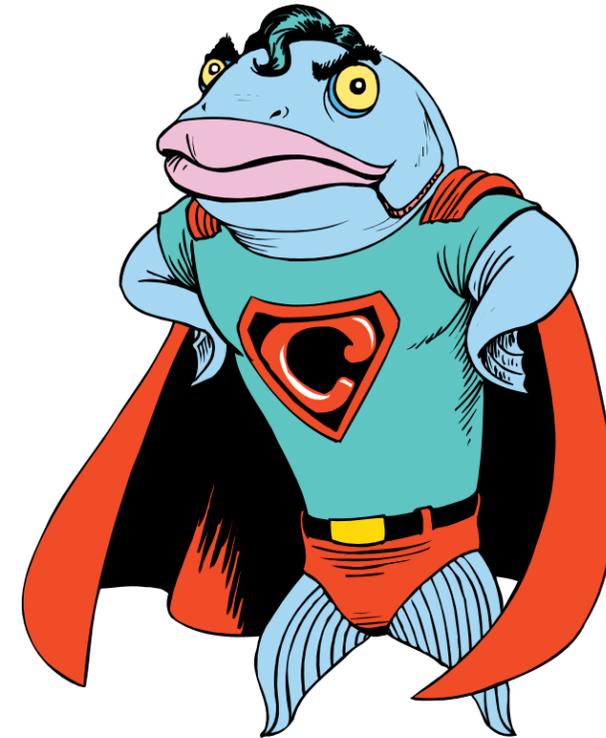
Eating Fish Wisely

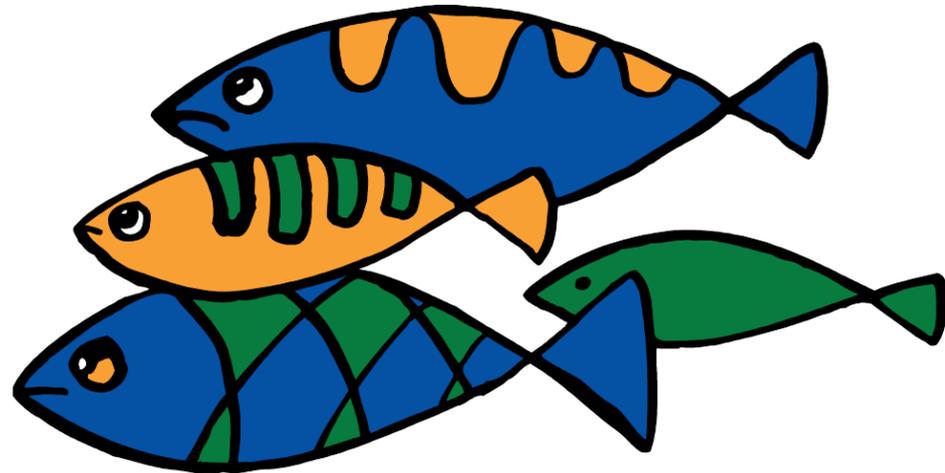
- Eat a variety of fish.
- Choose safer fish.
- Prepare and cook fish wisely.
- Know how often to eat fish.
[the recommended number of times/week.]
- Make sure fish are a part of your healthy diet.



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