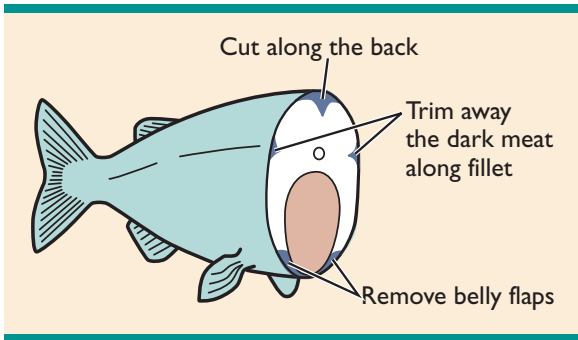


YOU CAN REDUCE THE PCBs AND OTHER CHEMICALS YOUR FAMILY EATS IF YOU...



- Fillet the fish and throw away the skin, head, guts, kidney, and liver.
- PCBs build up in the fatty meat of fish. Trim the fillet to remove the fatty meat.



- Bake, broil, steam or grill fish.
- Throw away cooking juices.
- Avoid frying, which seals in chemical pollutants contained in the fish's fat.
- Use only trimmed fillets when preparing soups, stews or chowder.

Note: Proper trimming and cooking reduces PCBs, but does not reduce the level of mercury in fish.

NOTICE!

Chemicals in fish, such as PCBs and mercury, can be harmful to health, especially to babies and young children. PCBs can increase your risk of cancer and other health problems. High levels of mercury may harm an unborn baby or child's developing nervous system, brain, and ability to learn. For this reason, it is important for women who are pregnant or might become pregnant, nursing women and the parents of young children to follow the advice in this brochure.



For more health information:

- **Pennsylvania Department of Environmental Protection:**
717-789-9637, www.dep.state.pa.us
- **Pennsylvania Department of Health:**
717-787-1708, www.health.state.pa.us
- **Pennsylvania Fish & Boat Commission:**
814-359-5147, www.fish.state.pa.us
- **Pennsylvania Sea Grant:**
215-806-0894, www.pserie.psu.edu/seagrant


This brochure is a collaborative effort of:

	Delaware Department of Natural Resources and Environmental Control		Pennsylvania Fish & Boat Commission
	Delaware Health and Social Services Division of Public Health		Philadelphia County Nutrition Links
	Partnership for the Delaware Estuary		Pennsylvania Sea Grant
	Pennsylvania Department of Environmental Protection		Southeast Asian Mutual Assistance Association Coalition
	Pennsylvania Department of Health		Temple University
			U.S. Environmental Protection Agency

Cover photo: Brock Scott/www.scottphotonet

FISH SMART, EAT SMART

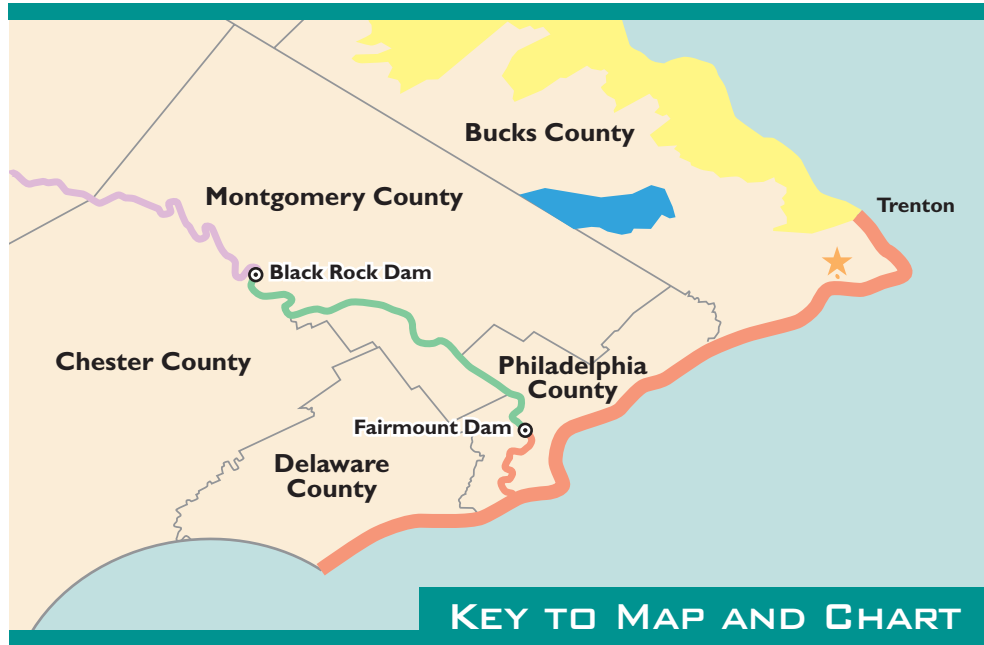
A GUIDE TO
EATING FISH
CAUGHT IN THE
PHILADELPHIA AREA



**Eating fish is good for you,
but some fish caught in Pennsylvania
may contain chemicals of concern
such as mercury and PCBs.**

**To protect your family's health,
follow the advice in this brochure!**

2005 GREATER PHILADELPHIA FISH CONSUMPTION ADVISORY



KEY TO MAP AND CHART

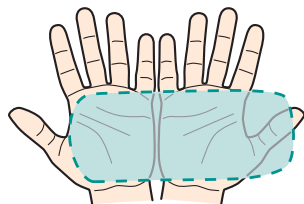
	Tidal Delaware River including tidal portions of all tributaries and the Schuylkill River below the Fairmount dam from Trenton, NJ (Morrisville, PA bridge) to the PA/DE border. (Bucks, Philadelphia & Delaware counties)
	Schuylkill River from Black Rock Dam to Fairmount Dam in Philadelphia. (Chester, Montgomery & Philadelphia counties)
	Schuylkill River from Felix Neck Dam above Reading to Black Rock Dam above Phoenixville. (Berks, Chester & Montgomery counties)
	Little Neshaminy Creek , entire basin. (Bucks County)
	Delaware River , from the source to Trenton, NJ (Morrisville PA Bridge)
	Levittown Lake (Bucks County)
	Statewide General Advisory: All Pennsylvania Sport Fish without a Stricter Advisory, 1 meal/week

Important!

This meal advice is for eating skinned and trimmed fish fillets.

To protect your health, follow all the cleaning and cooking directions in this brochure.

Consider all of the fish you eat when making meal decisions.



A meal is considered an 8-ounce portion. An 8-ounce meal is about the size of 2.5 palms of your hand.

Fish Under Advisory	Maximum Meal Frequency by Location of Fish Catch (see map)			
	Do Not Eat!	Do Not Eat!	Do Not Eat!	2 Meals/Month
American Eel	Do Not Eat!	Do Not Eat!	Do Not Eat!	2 Meals/Month
Channel Catfish	1 Meal/Month	1 Meal/Month	6 Meals/Year	
Carp	Do Not Eat!	Do Not Eat!	6 Meals/Year	1 Meal/Month
Flathead Catfish	1 Meal/Month	1 Meal/Month		
Striped Bass	1 Meal/Month			
White Perch	1 Meal/Month			1 Meal/Month
White Sucker		1 Meal/Month	1 Meal/Month	
Statewide General Advisory	All Pennsylvania Sport Fish without a Stricter Advisory: 1 Meal/Week			

Other ways to reduce your health risk:

Eat smaller fish as long as they are of legal length.

Eat smaller portions and fewer meals of locally caught fish.

Avoid eating fish eggs (roe).

Do not eat the green mustard of crabs.