



# Fish Choices in Connecticut

## What's Safe – What's Not



Although many fish caught in Connecticut are safe and healthy to eat, some fish from Connecticut waters have dangerous chemicals in them.

**If you follow the advice below, you and your family can safely eat fish.**

### Connecticut Rivers and Lakes – Statewide

Most types of fish may have small amounts of mercury in them. Therefore, the following people should not eat more than *one meal a month* of fish that are caught in Connecticut rivers and lakes:

- Women who are pregnant
- Women who plan to become pregnant
- Women who are nursing their baby
- Children under six

**One exception to this warning is trout. They are safe to eat.**

### Saltwater Fish – Long Island Sound

Most saltwater fish are safe to eat except for two large types of fish: bluefish (longer than 25 inches) and striped bass. These two types of saltwater fish should not be eaten by pregnant women, by women who plan to become pregnant, nursing mothers, or by children under six. Everyone else should eat no more than one meal a month of striped bass and large bluefish.

### Specific Rivers and Lakes in Connecticut

Waterbodies with higher levels of dangerous chemicals include:

- Housatonic River (above Derby Dam)
- Quinnipiac River (upstream of Quinnipiac Gorge/Hanover Pond –Meriden)
- Eight Mile River (Southington)
- Brewster Pond (Stratford)
- Wyassup Lake (North Stonington)
- Union Pond (Manchester)
- Dodge Pond (East Lyme)
- Lake McDonough (Barkhamsted)
- Silver Lake (Berlin/Meriden)
- Versailles & Papermill Ponds (Sprague)

Most types of fish from these waterbodies **should not be eaten by anyone**, especially pregnant women, women who plan to become pregnant, nursing mothers, and children under six.

In addition, *pregnant women, women who plan to become pregnant, nursing mothers and children under six* should not carp or catfish from the Connecticut River.

### Store Bought Fish

Most fish from the store are safe to eat. *Pregnant women, women who plan to become pregnant, nursing mothers and young children* should follow these limits:

Canned Tuna and other commercial seafood:

- Eat no more than 1-2 meals per week.
- Choose “Light Tuna” – it has less mercury than the “White” or “Chunk White” Tuna.
- **DO NOT EAT** Swordfish or Shark – These fish have mercury levels that are too high for women during pregnancy, and nursing mothers.

For more health information call 1-877-458-FISH (3474), or visit this web site: [www.ct.gov/dph/fish](http://www.ct.gov/dph/fish)

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