

# Background on Contaminants

Certain locally caught fish and market fish contain elevated levels of mercury and PCBs. These chemicals are harmful to unborn babies.

**1** At high enough levels, these chemicals can cause nerve and kidney damage, poor growth and learning problems.

**2** If you eat too much of these fish, your unborn baby may be harmed.

**3** It is important for pregnant women, women who could become pregnant and nursing mothers to follow this advice.



## Take Away Messages

Remember: don't stop eating fish - it is a good source of nutrition! But follow this advice to eat the RIGHT fish.

- AND -

If You Are:

- Pregnant or could become pregnant
- A nursing mother
- A child under the age of six

You should follow this guidance:

- Continue eating fish as a part of a healthy diet
- Eat up to two fish meals per week
- Eat healthy fish listed in Table 1 more often
- Do not eat swordfish, shark, or tuna sushi
- Eat no more than one meal per month of fish caught in Connecticut waters
- Do not eat striped bass or large bluefish from Long Island Sound

For more information contact :  
CT Department of Public Health  
Environmental & Occupational Health  
Assessment Program



860.509.7740

<https://portal.ct.gov/fish>



# A Women's Guide to Eating Fish Safely

Special Advice for Pregnant Women & Young Children





## How to Eat Fish from the Market Safely

TABLE 1

Use this chart to choose safer fish to eat.

### Can Eat 2 or More Meals per Week

♥ Sardine & Anchovies / ♥ Salmon (wild) / ♥ Sole / ♥ Herring

♥ Flounder & Fluke / ♥ Atlantic Mackerel / ♥ Pollock / ♥ Trout

Salmon (Farm-raised) / Cod / Tilapia / Haddock / Perch

### Can Eat 1 Meal per Week

Tuna Steak / White Tuna (canned) / Halibut / Catfish (farm-raised) / Red Snapper

### Avoid Eating

Tuna Sushi / Swordfish / Shark

King Mackerel / Striped Bass / Bluefish

♥ A heart means these fish are especially low in contaminants and can be eaten more than twice per week.

## How to Eat Locally Caught Fish Safely

## Locally Caught Fish to Avoid Eating



## Look for posted signs at fishing locations for advice.

- Follow the statewide freshwater advisory (no more than one meal per month) and the "Do not eat" advice shown in Table 2.
- You can eat locally caught trout under 15 inches as much as you want. However, do not eat trout from the Housatonic River.
- Most saltwater fish from Long Island Sound are safe to eat, except for striped bass and large bluefish.
- When possible, eat smaller fish such as panfish (yellow perch and sunfish).

Pregnant women, women who could become pregnant, nursing mothers, and young children should **NOT** eat the following locally caught fish in red below:

TABLE 2

<p><b>Connecticut River</b></p> <p>Carp</p>	<p><b>Versailles &amp; Papermill Ponds (Sprague)</b></p> <p>All species</p>
<p><b>Housatonic River</b></p> <p>Trout, Carp, Bass, White Perch, Eels, Northern Pike</p>	<p><b>Union Pond (Manchester)</b></p> <p>Bass, Carp, Catfish</p>
<p><b>Wyassup Lake (Stonington)</b></p> <p>Bass, Pickerel</p>	<p><b>Dodge Pond (East Lyme)</b></p> <p>Bass, Pickerel</p>
<p><b>Lake McDonough (Barkhamstead)</b></p> <p>Bass, Pickerel</p>	<p><b>Silver Lake (Meriden)</b></p> <p>Bass, Pickerel</p>