

Benefits of Eating Fish



i '':]g\ 'UfY 'dUfh'cZ'U'\ YU'h\ nř'k Y`! VU`UbW'X'X]Yh'

i '':]g\ 'UfY 'U' [fYUh'gci fW'cZ'dfchY]bgž'a]bYfU`gž`
' UbX'j]hUa]bg''

i '':]g\ 'UfY ``ck ']b 'gUhi fUhYX'ZUhg''

Benefits of Eating Fish



i '':]g\ 'UfY 'dUfh'cZ'U'\ YU'h\ nř'k Y`! VU`UbW\X`X]Yh'

i '':]g\ 'UfY 'U' [fYUh'gci fW`cZ'dfchY]bgž'a]bYfU`gž`
' UbX'j]hUa]bg''

i '':]g\ 'UfY ``ck ']b 'gUhi fUhYX`ZUhg''

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 |

Concerns about Eating Fish

i ``:]g\ `Wb `Wb hU]b ` \ Ufa ž ` `W Ya]W`g`W` `YX`Wb hUa]bUbhg"

i ``H\ YgY`W Ya]W`g`Wb`W i gY` `cb[!`Ugh]b[` \ YU`h\ `dfcV`Ya g"

i ``7cbhUa]bUhYX`Ug\ `XcbEi`cc_ž`ga Y`ž`cf`hUghY`X]ZZYfYbhž`Vi h`Wb`gh]` ``
` VY` \ Ufa ž `"

i ``6Y`YgdYWU` `m`WfYZi ` `]Z`mci `UfY`dfY[bUbhž`bi fg]b[`U`VUVmž`

Concerns about Eating Fish

i ``:]g\ `Wb `Wb hU]b ` \ Ufa ž ` `W Ya]W`g`W` `YX`Wb hUa]bUb hg"

i ``H\ YgY`W Ya]W`g`Wb`W i gY` `cb[!`Ugh]b[` \ YU`h\ `dfcV`Ya g"

i ``7cb hUa]bUhYX`Ug\ `Xcb`Di`cc_ž`ga Y`ž`cf`hUghY`X]ZZYfYbhž`Vi h`Wb`gh]` ``
` VY` \ Ufa ž `"

i ``6Y`YgdYWU` `m`WfYZi ` `]Z`mci `UfY`dfY[bUb hž`bi fg]b[`U`VUVmž`

Mercury:

The Effects on Babies and Young Children

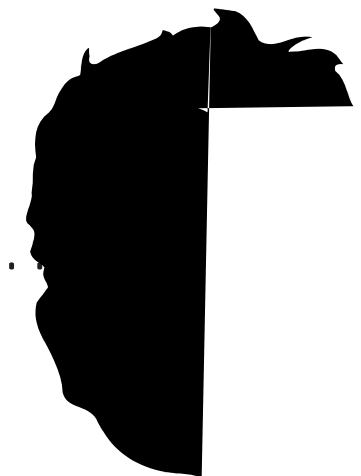
i ``A YfW fmWb VY Zci bX]b gca Y `= `]bc]g Ug\ "

i ``A YfW fmWb Vi]X i d]b mci f VcXmž UbX mci `dfcVUV`mik cbDi_bck `]h"

i ``DfY[bUbhik ca Yb Wb dUgg a YfW fmhc h\ Y]f VUV]Yg Xi f]b[` `dfY[bUbWYg"

i ``<][\Yf`Yj Y`g`cZ`a YfW fmWb XUa U[Y`h\ Y`bYfj ci g`gmghYa ž` ``dUfh]W `Uf`m]b WX]XfYb"

i ``9j Yb `ck `Ua ci bhg`cZ`a YfW fmWb Wi gY `YUfb]b[`dfcV`Ya g` `]b VUV]Yg UbX WX]XfYb"



Mercury:

The Effects on Babies and Young Children

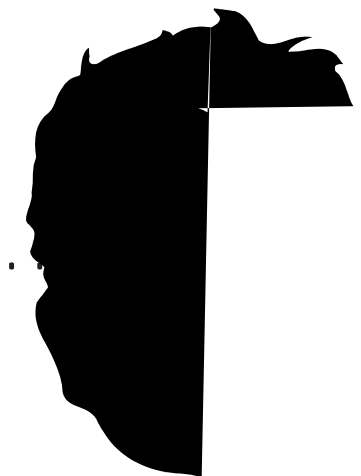
i ``A YfW fmWb `VY`Zci bX`]b`gca Y`=`]bc]g`Ug\`"

i ``A YfW fmWb `Vi]`X`i d`]b`mci f`VcXmž`UbX`mci `dfcVUV`mik cbDi_bck`]h`"

i ``DfY[bUbh`k ca Yb`Wb`dUgg`a YfW fmhc`h\Y]f`VUV]Yg`Xi f]b[` `dfY[bUbW]Yg`"

i ``<][\Yf`Yj Y`g`cZ`a YfW fmWb`XUa U[Y`h\Y`bYfj ci g`gmghYa ž` `` `dUfh]W`Uf`m]b`WX`]XfYb`"

i ``9j Yb`ck`Ua ci bhg`cZ`a YfW fmWb`Wi gY`YUfb]b[`dfcV`Ya g` `]b`VUV]Yg`UbX`WX`]XfYb`"



Protecting Babies and Young Children

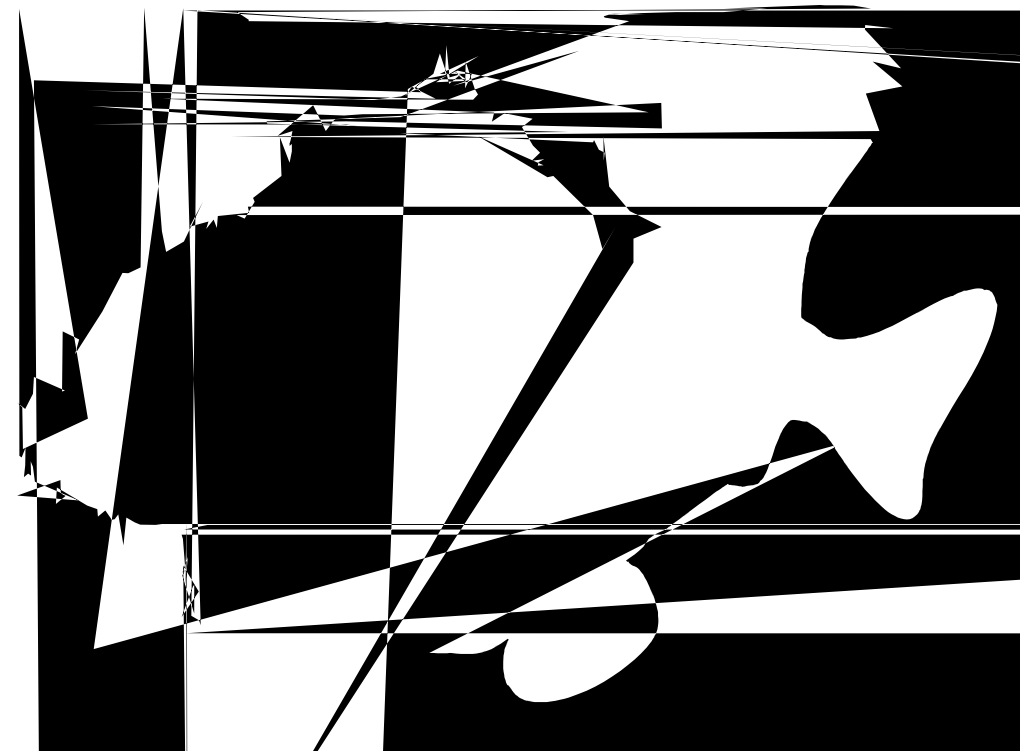
i · ·9Uh'U'j Uf]YhmicZ'ZccXgž']bWł X]b['Ùg\ "

i · ·7cbg]XYf'h\ Y'Ùg\ 'gci fW'k \Yb'a U_]b['a YU'Włc]W'g"

i · ·8]gW'gg'h\ Y'Ùg\ 'mci 'YUh'k]h\ 'mci f'\YU'h\! · ·
· WłfY'dfcj]XYf'

i · ·7UfYZi ``m'WłccgY'h\ Y'Ùg\ 'mci 'YUh'VYZcfY'
· VYWła]b['dfY[bUbłž'Xi f]b['dfY[bUbWłž'
· UbX'k \]'Y'bi fg]b["'

i · ·7cbg]XYf'a U_]b['WłUb[Yg']b'\ck 'mci 'YUh'
· Ùg\ "'fY"["ž'h\ Y'_]bX'cZ'Ùg\ 'mci 'YUh'h\ Y'gci fW'cZ'h\ Y'Ùg\ /\ck "' · ·
· a i Wł'mci 'YUh'\ck 'cZłYb/'UbX'\ck 'mci 'dfYdUfY'h\ Y'Ùg\ł



Protecting Babies and Young Children

i · ·9Uh'U'j Uf]YhmicZ'ZccXgž']bW̄i X]b['Ûg\ "

i · ·7cbg]XYf'h\ Y'Ûg\ 'gci fW̄'k \Yb'a U_]b['a YU`'W̄c]W̄g"

i · ·8]gW̄ gg'h\ Y'Ûg\ 'm̄ci 'YUh'k]h\ 'm̄ci f'\ YU'h\! · ·
· W̄fY'dfcj]XYf'

i · ·7UfYZi ``m̄W̄ccgY'h\ Y'Ûg\ 'm̄ci 'YUh'VYZcfY'
· VYW̄ca]b['dfY[bUbhž'Xi f]b['dfY[bUbW̄ž'
· UbX'k \]'Y'bi fg]b["'

i · ·7cbg]XYf'a U_]b['W̄Ub[Yg']b \ck 'm̄ci ·
· YUh'Ûg\ ""



side 2

What are Fish Consumption Advisories?

i · · :]g\ 'UfY 'UbU`mYX`Zcf`\Ufa Z ` `WY Ya]WJ`g"

i · · GhUhY 'UbX`ZYXYfU`'U[YbW]Yg`WYUhY` [i]XY`]bYg`UVci h`Ug\ `]b`mci f`X]Yh'

i · · K]h\ `h\ YgY` [i]XY`]bYgž`mci `WJb`YUh`Ug\ `k]gY`m'



What are Fish Consumption Advisories?

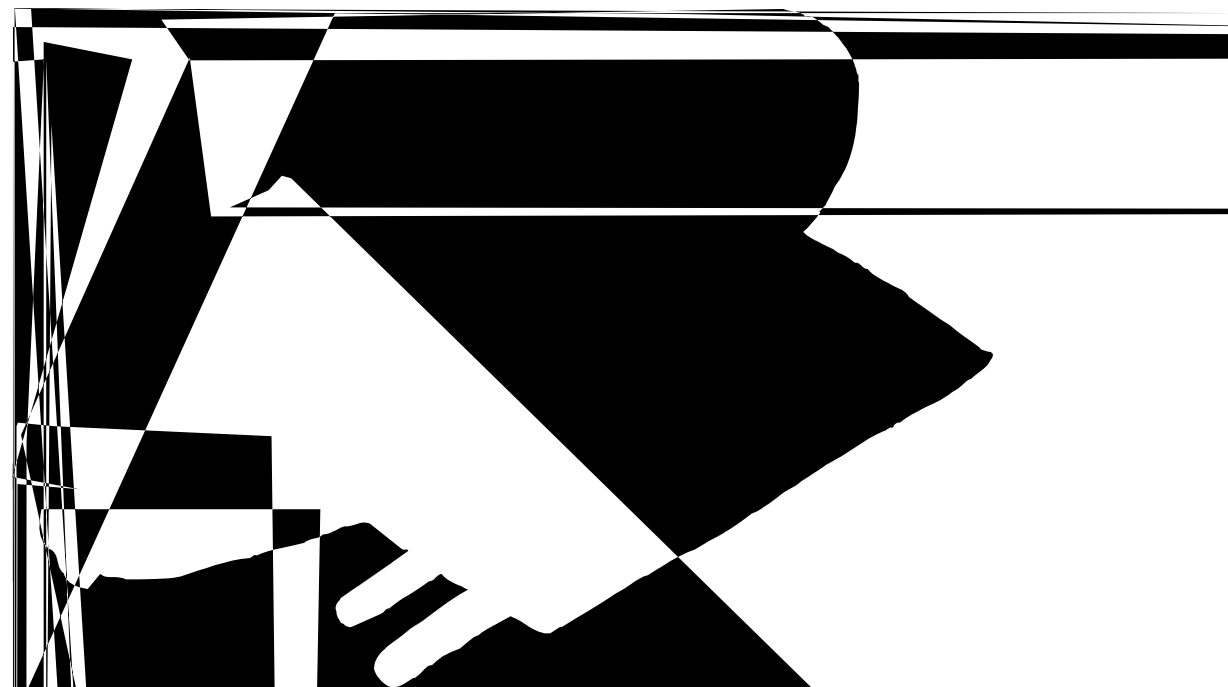
i ··:]g\ ·UfY ·UbU`mYX·Zcf` \ Ufa Z `·WY a]WJ`g"

What Can You Learn from Fish Advisories?

i `K \ JWX `Ùg\ `UfY `i bgUZY `hc `YUH"

i `K \ JWX `Ùg\ `mci `g\ci `X`YUH`Ygg`cZ'

i `K \ JWX `Ùg\ `mci `Wb `YUH'a cfY`cZ'



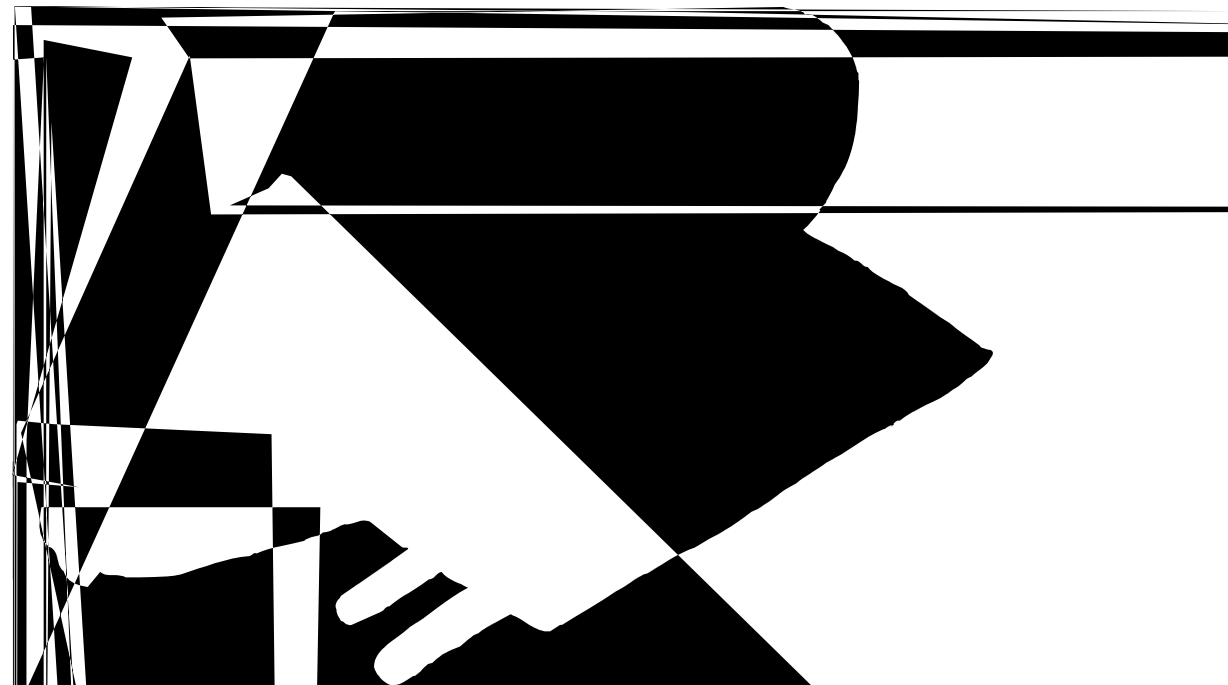
H\ Y `W ffYbh`=`]bc]g`Ùg\ `Wbgi a dh]cb`
UXj]gcf]Yg`fY`UhY`hc`Ùg\ `h\ Uh`\ Uj Y`
\][\ Yf`Yj Y`g`cZ'a YfW fmž`fD7 6gŁ`
dc`mWX`cf]bUhYX`V]d\ Ybmìg`UbX`
WX`cfXUbY"

What Can You Learn from Fish Advisories?

i `K \ JWX `Ùg\ `UfY `i bgUZY `hc `YUH"

i `K \ JWX `Ùg\ `mci `g\ci `X`YUH`Ygg`cZ'

i `K \ JWX `Ùg\ `mci `Wb `YUH'a cfY`cZ'



H\ Y `W ffYbh`=`]bc]g`Ùg\ `Wcbgi a dh]cb`
UXj]gcf]Yg`fY`UhY`hc`Ùg\ `h\ Uh`\ Uj Y`
\][\ Yf`Yj Y`g`cZ'a YfW fmž`fD7 6gŁ`
dc`mWX`cf]bUhYX`V]d\ Ybmìg`UbX`
WX`cfXUbY"

Who Should Follow Fish Consumption Advisory Guidelines?

- i ``DfY[bUbh'cf'bi fg]b['k ca Yb
- i ``K ca Yb 'cZ'W]`XVYUf]b['U[Y
- i ``7\]`XfYb ``Ygg'h\ Ub '%) 'mYUfg'c`X`

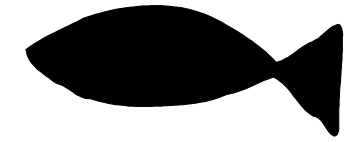


Who Should Follow Fish Consumption Advisory Guidelines?

- i ' 'DfY[bUbh'cf'bi fg]b['k ca Yb
- i ' 'K ca Yb 'cZ'W]`XVYUf]b['U[Y
- i ' '7\]`XfYb 'Ygg'h\ Ub '%) 'mYUfg'c`X'



Know Your Fish



i ``: UhmÛg\ `Vi]`X`i d`D7 6g`UbX`W\ `cfXUbY``
· fgU`a cb`UbX`W\`cŁ

i ``:]g\ `h\ Uh`YUh`ch\ Yf`Ûg\ ` \Uj Y`a cfY`
· WŁbhJa]bUbhg``fUf[Ya ci h\ `VUggŁ

i ``@Uf[Yfz`c`XYf`Ûg\ `hYbX`hc` \Uj Y`a cfY`WŁbhJa]bUbhg`h\ Ub`mci b[Yfz``
· ga U`Yf`Ûg\ ``

i ``6chca !ZYX]b[`Ûg\ `Vi]`X`i d`a cfY`WŁbhJa]bUbhg``

Know Your Fish

i ``: UhmÛg\ `Vi]`X`i d`D7 6g`UbX`W\`cfXUbY""`

i ``:]g\ `h\ Uh`YUh`ch\ Yf`Ûg\ ` \Uj`Y`a`cfY`
`W\`bhJa]bUbhg""`

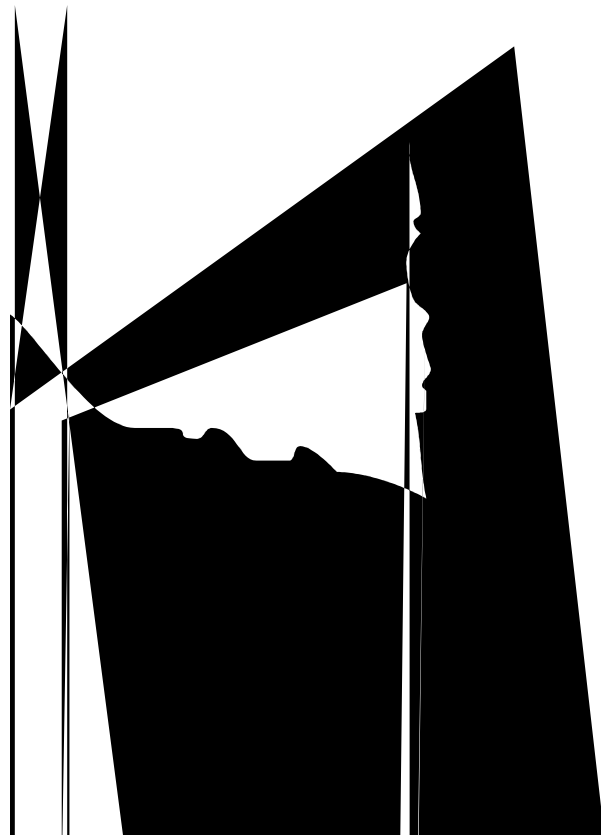
i ``@Uf[Yfz`c`XYf`Ûg\ `hYbX`hc` \Uj`Y`a`cfY`W\`bhJa]bUbhg`h\ Ub`mci b[Yfz` ``
`ga U`Yf`Ûg\ ""`

i ``6chca !ZYX]b[`Ûg\ `Vi]`X`i d`a`cfY`W\`bhJa]bUbhg""`

Consider Where Sportfish Were Caught

i · · ? bck 'k \ YfY 'U' ùg\ 'k Ug' W̃i [\ hž' h\ Yb ' ùbX' ci h' \ ck ' ' cZhYb ' mci ' g\ ci ' X' YUh']h'

i · · =Z' mci ' UfY ' []j Yb ' U' ùg\ ž' Ug_ 'k \ Uh' gdYW̃Yg']h']gž' k \ YfY ' ']h' k Ug' W̃i [\ hž' UbX' ùbX' ci h' \ ck ' cZhYb ' mci ' W̃b ' YUh']h'

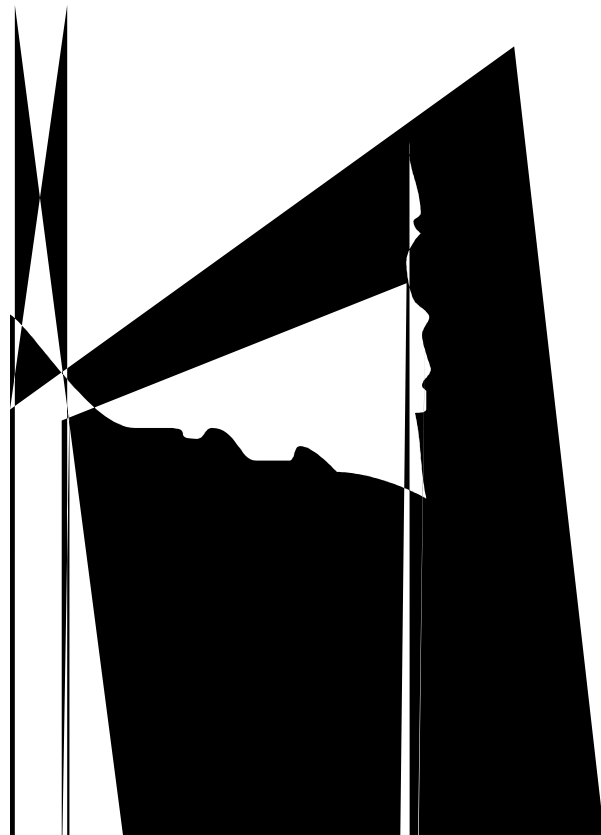


i · · =Z' mci ' W̃b' ùbX' ci h' UVci h' k \ YfY ' h\ Y ' ' ùg\ 'k Ug' W̃i [\ hž' h\ Yb ' h\ fck ']h' Uk Um'

Consider Where Sportfish Were Caught

i · · ? bck 'k \ YfY 'U' ùg\ 'k Ug' W̄i [\ hž' h\ Yb' ùbX' ci h' \ ck ' ·
' cZhYb' mci 'g\ ci 'X' YUh']h'

i · · =Z' mci 'UfY' []j Yb' U' ùg\ ž' Ug_ 'k \ Uh' gdYW̄Yg']h']gž' k \ YfY · ·
']h' k Ug' W̄i [\ hž' UbX' ùbX' ci h' \ ck ' cZhYb' mci 'W̄b' YUh']h'



i · · =Z' mci 'W̄b' ùbX' ci h' UVci h' k \ YfY 'h\ Y' · ·
' ùg\ 'k Ug' W̄i [\ hž' h\ Yb' h\ fck ']h' Uk Um'

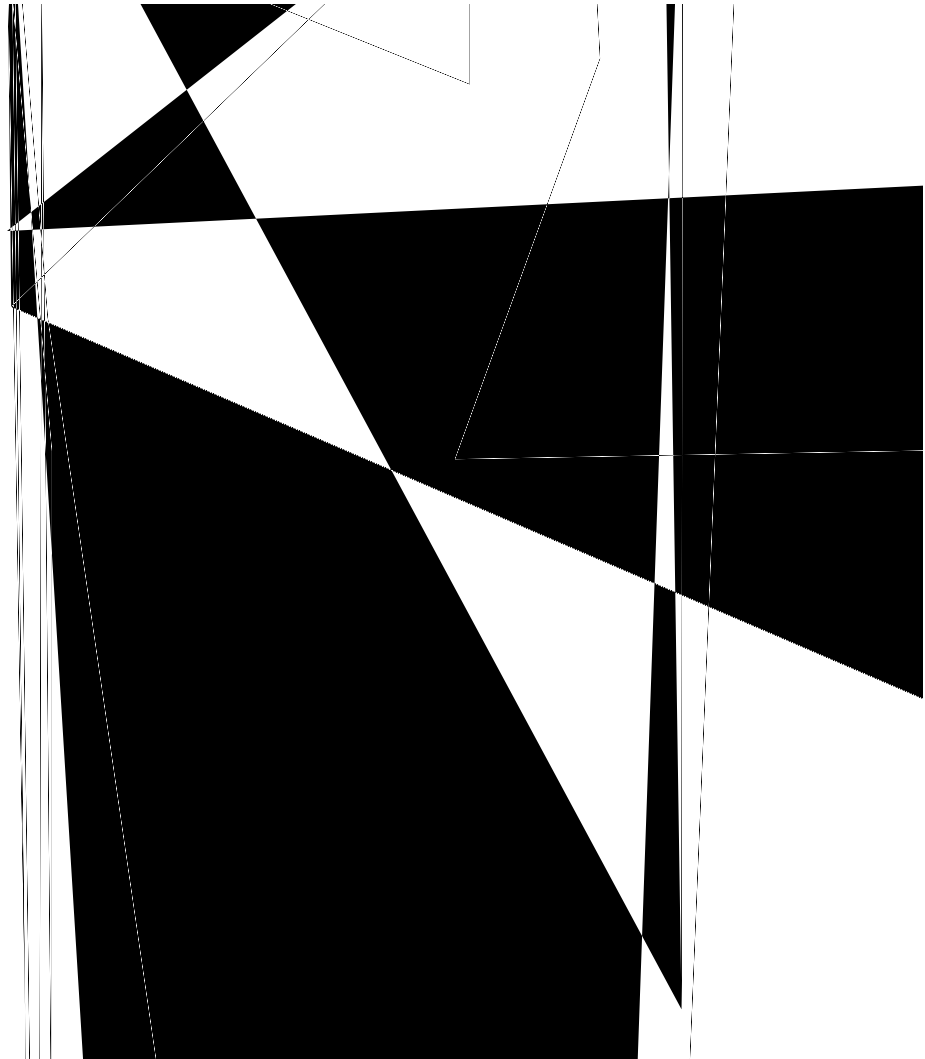
How to Prepare and Cook Fish Wisely



· · · F Ya cj Y dUfhg h\ Uh UfY \] [\ Yf] b ZUh" fh\ Y cf [Ubgž'
· · · \ YUXž' g_] b UbX h\ Y XUf_ ZUhmi h]ggi Y U`cb [h\ Y`UhYfU`
· · ·] b Yž' VUW_VcbY UbX VY`mŁ'
· · ·
· · · 6U_Y`cf Vfc]` h\ Y`Ug\ hc`U`ck ZUh hc`XfU] b" fcb Ub`
· · · Y`Yj UhYX fUW_ h\ Uh U`ck g ZUhg hc`XfU] b hc`h\ Y`dUb VY`ck /`
· · · Xc`bch Zfm] b Vc`YWYX ZUhgŁ
· · ·
· · · 5ZhYf Vc_c_] b [ž`X] gWfX U`] ei] Xg" fBc`bch fYi gY`Zcf`
· · · gci dg`cf`gUi Wg"Ł`

How to Prepare and Cook Fish Wisely

Are Store-Bought Fish Safe?



i · 'A Ubmldcdi `Uf`Ùg\ `Uj Y`ck ``Yj Y`g`cZ'a YfW fm
· UbX`UfY`ck `]b`ZUh"

i · K ca Yb`k `c`a][`h`VYWŁa Y`dfY[bUbh`fbf`UfY`
· dfY[bUbhŁ`g`ci `X`YUh`Ygg`cZ`gca Y`Ùg\
· gdYWYg" `fbg\ Uf_ž`gk cfXÙg\ž`WbbYX`hi bUž`
· hi bU`ghYU_gŁ

i · =b `[YbYfU`ž`]h`]g`gUZY`hc`YUh`%&`ci bWg`cZ`
· WŁc_YX`Ùg\ `YUWŁ`k`YY`_"

Are Store-Bought Fish Safe?

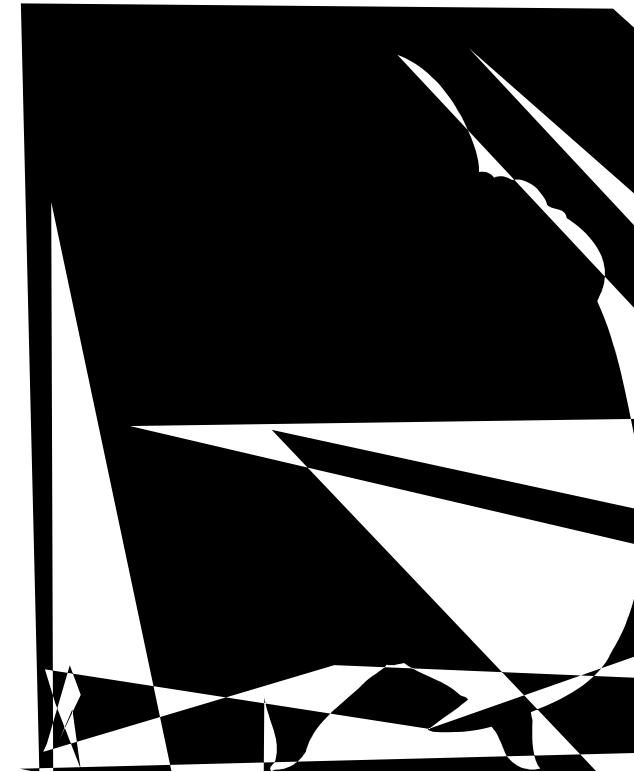
i · 'A Ubmidi 'Uf'Ùg\ 'Uj Y'ck 'Yj Y'g'cZ'a YfW fm
· UbX'UfY'ck 'b'ZUh"

i · K ca Yb'k \c'a][\h'VYWca Y'dfY[bUbh'fbf'UfY'
· dfY[bUbh'g\ci 'X'YUh'Ygg'cZ'gca Y'Ùg\
· gdYWYg"

i · =b '[YbYfU'ž'h]g'gUZY'hc'YUh'%'ci bWg'cZ'
· Wc_YX'Ùg\ 'YUVX'k YY_"

Eating Fish Wisely

- · · i "9Uh'U'j Uf]YhmicZ'Ùg\ "
- · · i "7\ccgY'gUZYf'Ùg\ "
- · · i "DfYdUfY'UbX'Vc_ 'Ùg\ 'k]gY`m'
- · · i "?bck '\ck 'cZhYb'hc'YUh'Ùg\ "
- · · · Qh\Y'fYVca a YbXYX'bi a VYf'cZ'h]a Yg#k YY_"Q
- · · i "A U_Y'gi fY'Ùg\ 'UfY'U'dUfh'cZ'mci f'\YU'h\miX]Yh'



CONTAMINANTS IN FISH & SEAFOOD

A Guide to Safe Consumption