

## Fish is good for you! Eat fish low in contaminants.

### MERCURY IN FISH YOU CATCH

Eat often



**Yellow Perch**



**White Crappie**



**Black Crappie**



**Bluegill Sunfish**

Eat in moderation



**Saugeye**



**Channel Catfish**



**White Bass**

Eat less frequently



**Smallmouth Bass**



**Largemouth Bass**



**Sauger**



**Walleye**

In general, people should eat no more than one meal per week of any fish caught in Ohio. Some fish from some waters in Ohio should be eaten even less often than once a week, and some can be eaten twice a week. For more information about fish in your area, please call Ohio EPA at (614) 644-2160 or Ohio Department of Health at (800) 755-4769, or visit [www.epa.ohio.gov](http://www.epa.ohio.gov).



**Department of Health  
Environmental Protection Agency**

Fish can be part of a healthy, balanced diet. Fish are generally low in fat and high in protein. Fish contain a number of vitamins and minerals, and are the primary food source of omega-3 fatty acids. Omega-3 fatty acids are important during fetal brain and eye development. Omega-3 fatty acids also help to prevent heart disease in adults. Health experts recommend that regular consumption of fish be included as part of a healthy diet.

### DO NOT EAT! Fish High in PCBs or Other Contaminants

Body of Water	Species – DO NOT EAT!	Area Under Advisory
Ashtabula River	All Species	U.S. Route 20 to Lake Erie
Dicks Creek	All Species	Cincinnati-Dayton Road (Middletown) to the Great Miami River
Great Miami River	All Suckers	Lowhead Dam at Monument Ave. (Dayton) to the Ohio River
Lake Nesmith (Summit County)	Channel Catfish, Common Carp	All Waters
Little Scioto River	All Species	State Route 739 near Marion to Holland Road near Marion
Mahoning River	Channel Catfish, 21" and over Common Carp, Smallmouth Bass 15" and over	Rockhill Ave. NE (Alliance) to the Pennsylvania Border
Ottawa River (Toledo)	All Species	I-475 near Auburn Avenue (Toledo) to Lake Erie
Portage (Ohio) Canal (Summit County)	Channel Catfish, Common Carp	All Waters
Summit Lake (Summit County)	Channel Catfish, Common Carp	All Waters
Tuscarawas River	Flathead Catfish 26" and over	State Route 416 (New Philadelphia) to the Muskingum River

#### Reduce your exposure to contaminants...trim and cook your fish properly!

Fillet the fish, and remove all skin from fillets or steaks. This allows fat to drain away from the fish during cooking. Trim off the fatty areas that are shown on the drawing. These include the fatty areas found along the belly, back, and both sides of the fillet. Cook so that the fat drips away. Broil, bake or grill on a rack, or poach and discard the liquid. If you deep fry your catch, discard the oil. Pan frying removes few, if any, contaminants. If you prepare soups or chowders from fish, be aware that this cooking method holds in juices that contain fat (and contaminants) from the fish.

Don't forget to check the specific advisories for the water body you fish from and the fish you eat at [www.epa.ohio.gov](http://www.epa.ohio.gov).

