

# Fish

## For Your Health

Fish can be part of a healthy diet. Most fish are low in fat and high in protein.



Affected Waterways	Species DO NOT EAT!
<b>Dicks Creek</b>	
Cincinnati-Dayton Rd. to the Great Miami River	All Species
<b>Great Miami River</b>	
Monument Ave. to the Ohio River	All Suckers
<b>Lake Nesmith</b>	
All Waters	Channel Catfish
<b>Little Scioto River</b>	
State Route 739 to Holland Road	All Species
<b>Ohio River</b>	
Pennsylvania Border to Belleville Lock	Channel Catfish 18"+
<b>Portage Canal</b>	
All Waters	Channel Catfish
<b>Summit Lake</b>	
All Waters	Channel Catfish
<b>Tuscarawas River</b>	
State Route 416 to the Muskingum River	Flathead Catfish 26"+

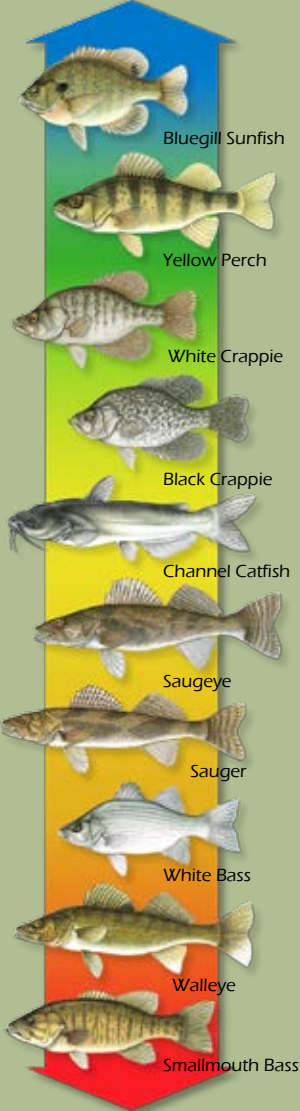
While a general statewide advisory recommends consuming no more than one fish meal per week, the chart identifies some fish from a few specific water bodies that should never be eaten. For remaining advisories see the website listed on the back.

Fish have vitamins and minerals, and contain healthy fats called omega-3 fatty acids.

Omega-3 fatty acids are important for brain and eye growth in infants, and also benefit heart health in adults.

Eat a variety of baked or grilled fish to get omega-3 fatty acid benefits.

# LESS MERCURY



To reduce contaminants trim off the skin and fat. Bake, broil or grill the fish.

Cut away the fat along the back

Remove skin

Trim off the belly fat

Cut away the fatty area along the side of the fish

Ohio and the U.S. have an advisory for all waterways of one fish meal per week due to mercury found in fish tissue.

However, fish with less mercury can be eaten up to twice a week, and fish with more mercury should be limited to once a month.

# MORE MERCURY



Department of Health  
Department of Natural Resources  
Environmental Protection Agency

To learn more, visit Ohio EPA's fish advisory website:  
[epa.ohio.gov/dsw/fishadvisory/index](http://epa.ohio.gov/dsw/fishadvisory/index)