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

**Key Facts about Eating Fish**

Eating fish has health benefits for men, women and children. Some fish also have contaminants, so if you are eating fish often, you should choose fish that have fewer contaminants.

In Ohio, use Ohio EPA’s Sport Fish Consumption Advisory when you choose fish to catch and eat. This will protect you and your family from chemicals that could someday make you sick.

If you buy fish at a grocery store or restaurant, be aware that shark, swordfish, tilefish, orange roughy, bigeye tuna, marlin and king mackerel are high in mercury and should not be eaten by women or children.

Eating a variety of different fish promotes safe consumption of wild-caught, store bought and restaurant prepared fish.

**Safer Fish to Eat**

**From Ohio waters:**
- crappie;
- yellow perch;
- bluegill; and
- sunfish.

**From grocery stores and restaurants:**
- shrimp;
- canned light tuna;
- salmon; and
- tilapia.

Women, Infants, and Children (WIC) clinic
ohwic@odh.ohio.gov
(614) 644-8006

Ohio EPA
fishmail@epa.ohio.gov
(614) 644-2160
Take this quick quiz to find the best Ohio fish for you to eat. Answer true or false to each question:

1. F  I only eat fish caught in Ohio a few times a year.
2. F  I’m 16 years old or older.
3. F  I’m not a woman between 16 and 45 years old.
4. F  I do not eat fish from Dicks Creek, Great Miami River, Lake Nesmith, Little Scioto River, Ohio River, Portage Canal, Summit Lake or Tuscarawas River.

Myth 1: Since fish have contaminants, I shouldn’t eat any to be on the safe side.
Fact: There are many benefits to eating fish. They are high in protein, low in fat, and contain healthy oils called omega-3s. The benefits of eating fish are greater than the risks.

Myth 2: Adult men and women over 45 don’t need to worry about fish contaminants.
Fact: Children 15 or under and women age 16-45 are most affected by fish contaminants. Studies show that eating highly contaminated fish regularly is associated with more adult heart problems. In extreme cases, eating highly contaminated fish can also cause problems with the brain and nerves which lead to numbness, tingling and forgetfulness.

Myth 3: The water where I get fish is clear, and the fillets look clean, so the fish is safe.
Fact: Fish contamination is not always visible. You can learn more about contamination in fish by checking the Ohio Sport Fish Consumption Advisory.

Myth 4: Fish from grocery stores or restaurants isn’t as contaminated as fish caught in Ohio.
Fact: Ohio’s advisory of one fish meal per week due to mercury is the same as the national advisory. Ohio fish have similar amounts of mercury to fish from grocery stores and restaurants. A black crappie or a saugeye has about as much mercury as a can of light tuna.

Need an advisory guide?
Call (614) 644-2160 for a free paper copy, or visit epa.ohio.gov/dsw/fishadvisory/index.aspx

In specific Ohio water bodies fish should be catch and release.

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 website below.

### Affected Waterways | Species
--- | ---
**Dicks Creek**
Cincinnati-Dayton Road, Middletown to the Great Miami River (Butler County) | All Species
**Great Miami River**
Lowhead Dam at Monument Avenue (Dayton) to mouth (Ohio River) (Butler, Hamilton, Montgomery, Warren Counties) | All Suckers
**Little Scioto River**
State Route 739, near Marion to Holland Road, near Marion (Marion County) | All Species
**Ohio River**
Pennsylvania Border (East Liverpool) to Belleville Lock (Athens, Belmont, Columbiana, Jefferson, Meigs, Monroe, Washington Counties) | Channel Catfish 18’ and over
**Tuscarawas River**
Massillon to State Route 416 (New Philadelphia) (Stark, Tuscarawas Counties) | Common Carp

epa.ohio.gov/dsw/fishadvisory/index.aspx