

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

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