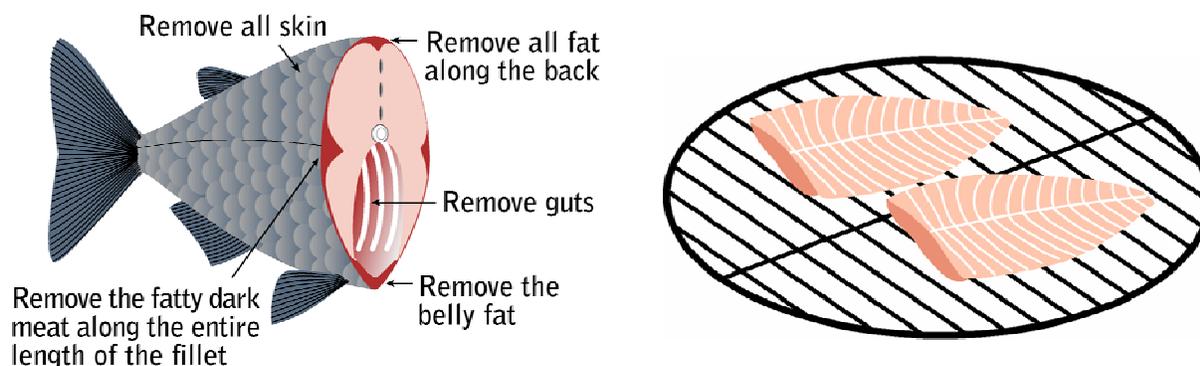


Reducing Your Exposure To Chemicals in Fish

Safer Fish Preparation and Cooking Guide

DDTs and PCBs build up in the fatty parts of fish. To lower the amount of these chemicals in the fish you eat follow these recommendations:

- **Remove the fatty parts such the head, guts, kidney, liver, skin, belly flap and fat along the back BEFORE cooking.**
- **Eat only the fillet. Use only the fillet when making soup, stews, chowder or gumbos.**
- **Bake, broil, steam or grill fish on a rack to allow the fat to drain.**
- **Throw away fat drippings. Don't use them in other cooking.**



Mercury is mainly found in the fillet. Cleaning and cooking fish will NOT get rid of mercury. To lower the amount of mercury in the fish you eat, especially for women who are pregnant or might become pregnant, nursing mothers, and young children:

- **Do not eat shark, swordfish, king mackerel, or tilefish.**
- **Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish lower in mercury from stores or restaurants, such as shrimp, canned light tuna, salmon, pollock, and (farmed) catfish. Check local advisories for fish you catch.**
- **Albacore (“white”) tuna has more mercury than canned light tuna, so you may eat up to 6 ounces (one average meal) of albacore tuna per week and no other fish that week.**