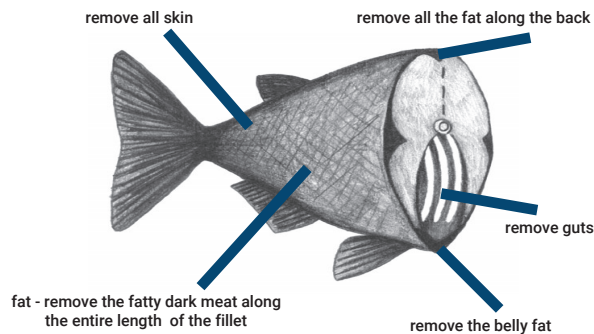


WARNING!

Dioxin, PCBs, and mercury may pose greater risk to babies and young children. For this reason, it is important for women who are pregnant, or might become pregnant, breastfeeding women and young children follow the recommendations found in this flyer to reduce exposure.

Cleaning Fish:

Remove and throw away the head, guts, kidneys and the liver. Remove the "backstrap meat" along with the skin, lateral line and belly meat. Cut away the fat, skin and belly area before cooking.



Eat only the fillet!
Do not eat the whole fish or steak portions.

Cooking Fish:

Bake, broil, steam, fry, or grill fish. Throw away the cooking juices. Use only fish fillets when preparing soups, stews and chowders.

American Lobster

Remove the green gland (tomalley)



Where to get more information:

New Jersey Department of
Environmental Protection
Division of Science and Research
Additional copies of this brochure can be printed from
the website: www.FishSmartEatSmartNJ.org
or by calling (609) 940-4080

New Jersey Department of Health
Food and Drug Safety Program
www.nj.gov/health/ceohs/food-drug-safety/
or call (609) 826-4935

U.S. Environmental Protection Agency
Fish and Wildlife Contamination Program
www.epa.gov/fish-tech

For more information on Commercial Fish:
Food and Drug Administration
[www.fda.gov/food/foodborneillnesscontaminants/
buytoreservesafefood/default.htm](http://www.fda.gov/food/foodborneillnesscontaminants/buytoreservesafefood/default.htm)

1-888-SAFEFOOD

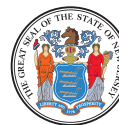
Cover photo of Ed Stevenson taken by Bruce Ruppel

FISH SMART EAT SMART

Eating fish is good for you, but some fish and crustacea caught in New Jersey are contaminated with chemicals such as, Dioxin, PCBs, and Mercury.
























FishSmartEatSmartNJ.org

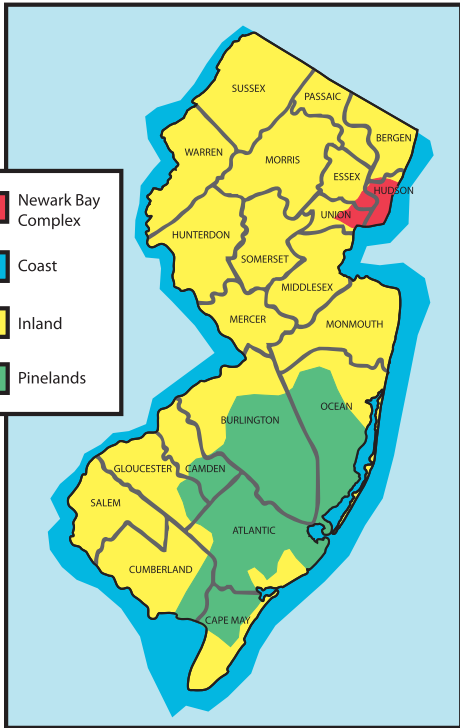


Development of this brochure was a cooperative project of the New Jersey Department of Environmental Protection and the New Jersey Department of Health

2023

Statewide & Regional Fish Consumption Recommendations to Reduce Exposure to Dioxin, PCBs and Mercury

Estuarine & Marine Waters (Coastal)	Freshwater (Inland)	Pinelands (Freshwater)
<p>Striped Bass General Population: One meal per month High Risk Population: Do Not Eat</p> 	<p>Trout ⁽¹⁾ General & High Risk Population: One meal per week</p> 	<p>Largemouth Bass General Population: One meal per month High Risk Population: Do Not Eat</p> 
<p>American Eel General Population: Four meals per year High Risk Population: Do Not Eat</p> 	<p>Largemouth Bass General Population: One meal per week High Risk Population: One meal per month</p> 	<p>Smallmouth Bass General Population: One meal per week High Risk Population: One meal per month</p> 
<p>Bluefish (greater than 6 lbs or 24 in) General Population: Six meals per year High Risk Population: Do Not Eat</p> 	<p>Smallmouth Bass General Population: One meal per week High Risk Population: One meal per month</p> 	<p>Chain Pickerel General Population: One meal per month High Risk Population: Do Not Eat</p> 
<p>Bluefish (less than 6 lbs or 24 in) General Population: One meal per month High Risk Population: Do Not Eat</p> 	<p>Chain Pickerel General Population: One meal per week High Risk Population: One meal per month</p> 	<p>Brown Bullhead General Population: One meal per week High Risk Population: Do Not Eat</p> 
<p>American Lobster General & High Risk Population: Do not eat the green gland (tomalley or hepatopancreas)</p> 	<p>Sunfish ⁽²⁾ General Population: No restrictions High Risk Population: One meal per week</p> 	<p>Sunfish ⁽²⁾ General Population: No restrictions High Risk Population: One meal per month</p> 
	<p>Common Carp General Population: One meal per month High Risk Population: Do Not Eat</p> 	<p>Common Carp General Population: One meal per week High Risk Population: One meal per month</p> 
	<p>Yellow Bullhead General Population: No restrictions High Risk Population: One meal per month</p> 	<p>Yellow Bullhead General Population: One meal per week High Risk Population: Do Not Eat</p> 
	<p>Brown Bullhead General Population: No restrictions High Risk Population: One meal per month</p> 	
<p>Newark Bay Complex</p> <p>Blue Claw Crab General & High Risk Population: Do Not Harvest or Eat</p> 		
<p>(1) Brown, Brook, Rainbow and Hybrid Species (2) Bluegill, Pumpkinseed and Redbreast</p>		



There are additional warnings for these and other fish in specific waterbodies. Please refer to FishSmartEatSmartNJ.org for more information.

For all freshwater fish without specific advisories, eat no more than:

General Population	High Risk Population
One meal per week	One meal per month

NOTE: To reduce your exposure, eat those fish with the lowest meal restrictions. Do not combine meal restrictions. (For example, if you eat multiple fish species or catch fish from more than one area, the recommended guidelines for different species and different locations should not be combined.)

High Risk is defined as infants, children, pregnant women, nursing mothers and women of childbearing age.