Follow these cooking and cleaning tips to reduce your exposure to PCBs*:

- Throw away the skin, fat and organs. PCBs collect in the fat of the fish.
- Bake or broil the fish so fats can drain off.
- Cut away the fat along the back.
- Cut away fatty area along side of fish.
- Trim off belly fat.
- Remove skin.

Eat Fish.
Be Smart. Choose Wisely.

Fish and seafood are good for your heart and brain. It’s low in fat, high in protein, and rich in nutrients and omega-3s.

This guide will help you gain these health benefits while protecting you from contaminants found in fish.

*Mercury cannot be removed through cooking and cleaning.
### Safe to Eat 2–3 Meals Per Week

- Anchovies
- Black sea bass
- Butterfish
- Catfish
- Clams
- Cod (US Pacific, US Atlantic)
- Crab (Blue, King, Snow) (US, CAN, imported King)
- Crab – Imitation
- Crayfish (imported farmed)
- Flounder/Sole
- Haddock
- Herring
- Mackerel (canned)
- Ocean Perch
- Oysters
- Pollock/Fish sticks
- Salmon (fresh, canned)
- Chinook (King) (coastal, AK)
- Chum (Dog, Keta)
- Coho (Silver)
- Farmed
- Pink (Humpy)
- Sockeye (Red)
- Sardines (US Pacific, US Atlantic)
- Scallops
- Shrimp/Prawn (US, Canada, imported)
- Squid/Calamari (Mitre, Indian spp)
- Sardines (US Pacific, US Atlantic)
- Scallop
- Shrimp/Prawn (US, Canada, imported)
- Squid/Calamari (Mitre, Indian spp)
- Tilapia
- Trout
- Tuna (canned light, troll/pole, imported longline, purse seine)

### Safe to Eat 1 Meal Per Week

- Chilean sea bass (Chile, Crozet, Prince Edward and Marion Islands)
- Chinook salmon (Puget Sound)
- Croaker (white, Pacific)
- Halibut (Pacific/Atlantic)
- Lobster (US, Canada, imported Spiny Caribbean)
- Mahi mahi (imported longline)
- Monkfish
- Rockfish/Red snapper (trawl-caught)
- Sablefish/Black cod
- Tuna, Albacore (fresh, canned white, WA, OR, CA troll/pole, imported longline)
- Tuna, Yellowfin (imported longline)

### Avoid or Eat Rarely Due to Mercury

- Mackerel (King)
- Marlin (imported)
- Shark (CA, HI, Mako, Thresher)
- Swordfish (imported)
- Tilefish (Gulf of Mexico, South Atlantic)
- Tuna Steak
- Bluefin
- Bigeye (imported longline)
- Orange Roughy

### Women who are or may become pregnant, nursing mothers, and children should not eat:

- Tuna Steak
- Bluefin
- Bigeye (imported longline)

### What is a meal?

A seafood serving or “meal” is about the size and thickness of your hand, or 1 oz. uncooked fish for every 20 lbs. of body weight.

### Orange Text:

Overfished, farmed or caught using methods harmful to marine life and/or environment.

### Farm and/or fish information:

- www.doh.wa.gov/fish/farmedsalmon

### Check for local fish advisories at:

- www.healthoregon.org/fishadv
- 1-877-290-6767

### Oregon Sport Fishing Regulations

Follow the advice for fish caught in local waters and review the cooking and cleaning tips found on the back of this card.

### Oregon Sport Fishing Regulations

Do you fish in Oregon?

Call 1-877-290-6767 to see if your favorite fishing spot has an advisory. There are local advisories throughout Oregon due to mercury and PCBs. Follow the advice for fish caught in local waters and review the cooking and cleaning tips found on the back of this card.

### Oregon Sport Fishing Regulations

Mercury and PCBs are long lasting contaminants that accumulate in fish. In general, younger, smaller fish have less contamination.

### Oregon Sport Fishing Regulations

Check for local fish advisories at:

- www.healthoregon.org/fishadv
- 1-877-290-6767

### Oregon Sport Fishing Regulations

For more information, see the Oregon Sport Fishing Regulations.

### Oregon Sport Fishing Regulations

What is a meal?

A seafood serving or “meal” is about the size and thickness of your hand, or 1 oz. uncooked fish for every 20 lbs. of body weight.

### Oregon Sport Fishing Regulations

160 lb. adult = 8 oz. / 80 lb. child = 4 oz.

### Oregon Sport Fishing Regulations

Call 1-877-485-7316 for Seafood not listed.

ORANGE TEXT: Overfished, farmed or caught using methods harmful to marine life and/or environment.