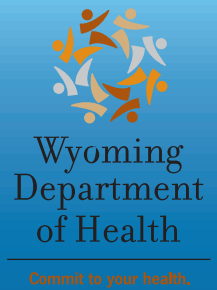


Hook into Health

Advice on eating fish



From the Wyoming Department of Health

Most fish are tasty to eat and good for you – high in protein and other nutrients and low in fat. But some kinds of fish contain high amounts of mercury, which can cause health problems in people, especially children. People should avoid eating too much of those types of fish. To help you make the healthiest choices, the Wyoming Department of Health in cooperation with the Wyoming Game and Fish Department offer the following advice:

	Fish LOW in Mercury	Fish HIGH in Mercury
Women of childbearing age, pregnant women, nursing mothers and children under 15 years	Up to 2 meals per week	Do not eat
All other people	Suggest prudent consumption	1-2 meals per month

Fish That Are **Low** in Mercury

<u>Ocean Fish</u>		<u>Freshwater Fish*</u>
• Cod	• Herring	• Wyoming-caught trout
• Canned light tuna	• Lobster	• Other Wyoming fish continue to be monitored - Glendo Reservoir has been found to have low levels of mercury in all species.
• Crab	• Mahi-Mahi	• Farm-raised catfish and tilapia
• Frozen ready to cook fish	• Ocean perch	
• Flounder	• Oysters	
• Haddock	• Salmon	
• Halibut		

Fish That Are **HIGH** in Mercury

<u>Ocean Fish</u>		<u>Freshwater Fish</u>
• Canned white tuna (albacore tuna)	• Spanish mackerel	• Channel catfish, sauger, and walleye from Big Horn, Seminoe, and Pathfinder reservoirs
• Shark	• Swordfish	
• King mackerel	• Tilefish	
• Marlin	• Tuna (fresh/frozen)	
• Orange roughy		

In general, Wyoming fish are low in mercury. To be safe, women of childbearing age, pregnant women, nursing mothers and children under the age of 15 should eat more small Wyoming-caught fish and eat fewer large fish. This is because the longer a fish lives the greater its chances are of accumulating mercury in its tissues. Also, fish that feed on other fish or bottom-feeders are more likely to accumulate mercury (like channel catfish, bass, sauger, and walleye). These guidelines are based on current information from the Wyoming Game and Fish Department. As further testing results become available guidelines may change. Please visit www.health.wyo.gov for more information.

*Guidance is based on limited data. As more testing is done, fish will be categorized accordingly