

Fish, crabs, and other seafoods are tasty and give the body nutrients.

- Most are safe to eat. But some have too much mercury or PCBs.
- Mercury and PCBs may harm a growing brain or body. Your child could have trouble learning or growing from eating food with too much mercury or PCBs.

What seafood can women & children eat?

Follow the rules in the table & eat up to:

- Green Group:** 2 servings each week
- Yellow Group:** 1 serving each week
- Orange Group:** 1 serving each month
- Red Group:** Do not eat!

If you eat seafood often:

- Eat up to 2 servings a week of fish or seafoods that are lower in mercury & PCBs - the **Green Group**.
- If you eat one serving from the **Yellow Group**, do not eat any other fish or seafood during the same week.
- If you eat one serving from the **Orange Group**, do not eat any other fish or seafood during the same month.

Women and Children's Guide to choosing fish and seafood from fish markets, stores, restaurants, and local waters

2 servings each WEEK	<ul style="list-style-type: none"> • Catfish: store bought • Clams • Cod • Crappie: From fresh waters in MD • Crabmeat: WITHOUT the "mustard" • Flounder • Haddock • Ocean Perch • Oysters • Pollock • Salmon • Scallops • Shrimp • Sunfish: From fresh waters in MD • Tilapia • Trout • Tuna (only Light Tuna) • White Perch: From all Eastern Shore rivers south of Kent Island • Yellow Perch: From fresh waters in MD 	1 serving each MONTH	<ul style="list-style-type: none"> • Catfish under 18 inches: From Middle River & all Western Shore rivers south of Baltimore Harbor • Striped Bass: From Chesapeake Bay and its tributaries (Striped bass over 28 inches: less than 1 serving each month) • White Perch: From all Western Shore rivers
	<ul style="list-style-type: none"> • Catfish: from all Eastern Shore rivers south of Kent Island • Large and Small Mouth Bass: From fresh waters in MD • Tuna (only Albacore/White Tuna) • Walleye: From fresh waters in MD 		DO NOT EAT

How large is one serving?

Women:

9 crabs; 1 can of tuna; 6 ounces of fish (fillet) – about the size of 2 decks of cards

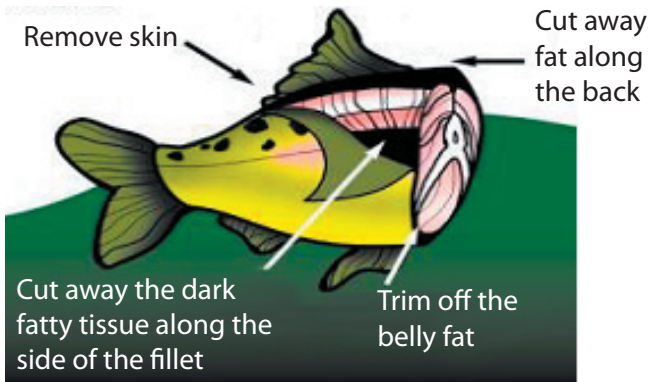
Children:

4 crabs; half a can of tuna; 3 ounces of fish (fillet) – about the size of 1 deck of cards

How should fish be cooked?

You cannot cook mercury out of fish. But you can cut down on PCBs that are stored in the fat. To cut down on PCBs:

- Eat only fish fillets. Cut off skin, fat, and belly flap before cooking or eating.
- Bake, grill, or broil your fish on a rack letting the fat drip off.
- Do not batter or bread fish before cooking. Batter and breading hold in fat.



Other tips

- Try not to eat the same type of fish each time. Instead, eat many different types.
- Small fish have less mercury and PCBs than large fish.
- Try not to eat crab “mustard” – most PCBs are stored in this liver-like organ.
- To avoid germs, wash your hands before and after you handle seafood.
- If you have questions, contact one of the agencies below.



Martin O'Malley, Governor Anthony G. Brown, Lt. Governor



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Fish Facts for:

- Pregnant women
- Women who may become pregnant
- Nursing mothers
- Children age 6 and younger

For more information about fish caught in Maryland waterways contact:

☎ Maryland Department of the Environment (MDE) 410-537-3906
www.mde.state.md.us/fishadvisory/

☎ Local Health Department – check your phone directory for the number.

For more information about seafood from stores or restaurants contact:

☎ U.S. Food and Drug Administration 1-888-SAFEFOOD
www.cfsan.fda.gov/seafood1.html

