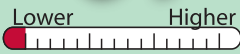


Eat Fish Low In... **MERCURY**

Fish you catch...

Pumpkinseed



Brown Bullhead



Brook Trout



Brown Trout *Brown Trout have HIGH mercury levels in Deerfield Chain Waters*



Rainbow Trout



Rainbow Smelt



Landlocked Salmon



Yellow Perch *Yellow Perch have HIGH mercury levels for fish larger than 10"*



Lake Trout *Lake Trout have HIGH PCB levels in Lake Champlain*



Largemouth Bass



Smallmouth Bass



Northern Pike



Chain Pickerel



Walleye



Fish you buy...

Atlantic Salmon



Shellfish



Flatfish & Flounder



Hake, Haddock, Pollock & Cod



Canned "Light" Tuna



Canned "White" Tuna



Tuna



Halibut



Swordfish



Shark

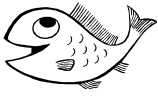


Eat Fish - Choose Wisely!

Fish is a good source of nutrition. Use this chart to choose fish lower in mercury. Mercury in fish can harm your family (pregnant and nursing women, and children age 6 and younger should not eat fish containing highest amounts of mercury). Even small amounts can damage a developing brain. Want more information? Call us toll-free at 800-439-8550 or visit our web site at www.mercvt.org.



EAT FISH - CHOOSE WISELY!



Women of childbearing age - particularly pregnant women, women planning to get pregnant, and breastfeeding mothers - **and children age 6 & younger**

All other individuals

Fish you catch...*

GENERAL ADVISORY:

Brown Bullhead & Pumpkinseed	No Restrictions	No Restrictions
Walleye	No meals	No more than 1 meal/month
Lake Trout, Smallmouth Bass, Chain Pickerel, & American Eel	No more than 1 meal/month	No more than 3 meals/month
Largemouth Bass & Northern Pike	No more than 2 meals/month	No more than 6 meals/month
Brook Trout, Brown Trout, Rainbow Trout, & Yellow Perch (smaller than 10 in.)	No more than 3-4 meals/month	No Restrictions
All Other Fish	No more than 2-3 meals/month	No more than 9 meals/month

Lake Carmi - Walleye	No more than 4 meals/month	No Restrictions
Lake Champlain - Lake Trout (larger than 25 in.)	No meals (includes all children under 15)	No more than 1 meal/month
Hoosic River - All Fish	No meals	No meals

Deerfield Chain
(Grout Pond, Somerset Reservoir, Harriman Reservoir, Sherman Reservoir, and Searsburg Reservoir)

SPECIAL ADVISORY:

Brown Bullhead & Brook Trout	No Restrictions	No Restrictions
Rainbow Trout, Brown Trout (smaller than 14 in.), Rock Bass, Rainbow Smelt, & Yellow Perch	No more than 1 meal/month	No more than 3 meals/month
Brown Trout All Other Fish	No meals	No more than 1 meal/month

15 Mile Falls Chain (Comerford Reservoir and Moore Reservoir)

White Suckerfish	No more than 1 meal/month	No more than 3 meals/month
All Other Fish	No meals	No more than 2 meals/month

15 Mile Falls Chain (McIndoes Reservoir)

Yellow Perch	No more than 2 meals/month	No more than 6 meals/month
All Other Fish	No more than 1 meal/month	No more than 3 meals/month

Fish you buy...**

HIGH

Orange Roughy, Shark, Swordfish, King Mackerel, & Tilefish	No meals
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MEDIUM

Tuna (fresh tuna steaks and canned white or albacore tuna), Saltwater Trout, Bluefish, Lobster, Halibut, Haddock, Snapper, & Crabs	Eat up to 3 meals/month of a variety of fish and shellfish that contain medium-range levels of mercury
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LOW

Tuna (canned light), Salmon, Oysters, Whitefish, Seabass, Freshwater Trout, Sardines, Perch, King Crab, Flounder, Sole, Pollock, Catfish, Croaker, Scallops, Crawfish, Shrimp, Clams, & Tilapia	Eat up to 6 meals/month of a variety of fish and shellfish that contain low-range levels of mercury
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You can mix and match fish (you catch or buy) with the same limits, but once you meet the lowest limit, eat no more fish that month. Do not eat the monthly limit within a single week.

One fish meal =
8 ounces uncooked fish.



*The "Fish You Catch" advisory was developed by the Vermont Department of Health.

**The "Fish You Buy" advisory was developed by the U.S. FDA and U.S. EPA.