

Eat fish low in

MERCURY

Fish you catch...

Landlocked Salmon



Brook Trout



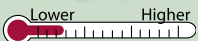
Rainbow Trout



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



Pumpkinseed



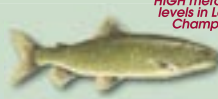
Rainbow Smelt



Brown Bullhead



Lake Trout Lake Trout have HIGH mercury levels in Lake Champlain



Yellow Perch



Largemouth Bass



Smallmouth Bass



Northern Pike



Chain Pickerel



Walleye

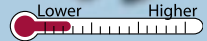


Fish you buy...

Atlantic Salmon



Shellfish



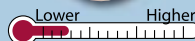
Flatfish & Flounder



Hake, Haddock, Pollock & Cod



Canned "Light" Tuna



Canned "White" Tuna



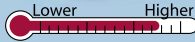
Tuna



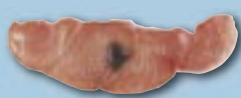
Halibut



Swordfish



Shark



Fish is good for you . . . eat fish low in mercury!

Mercury in fish can harm your family. Pregnant and nursing women and children age 6 and younger should not eat fish containing high levels 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.



A meal is equivalent to an 8 ounce uncooked fillet. You can mix & match fish with advisories, but stick to the lowest monthly advisory. Don't add them together. Eating a total monthly limit within a single week is not recommended.



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	0 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	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

SPECIAL ADVISORY:

Lake Carmi - Walleye	No more than 4 meals/month	No Restrictions
Lake Champlain - Lake Trout (larger than 25 in.)	0 meals (includes all children under 15)	No more than 1 meal/month
Hoosic River - All Fish	0 meals	0 meals
Deerfield Chain (Grout Pond, Somerset Reservoir, Harriman Reservoir, Sherman Reservoir, and Searsburg Reservoir)		
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	0 meals	No more than 1 meal/month
15 Mile Falls Chain (Comerford Reservoir and Moore Reservoir)		
All Fish	0 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	0 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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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 the U.S. EPA.

