

**Eat Fish
Low In...**

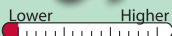
MERCURY

General Advisory for...

Fish you catch

...in Vermont

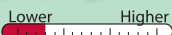
Pumpkinseed



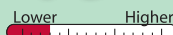
Brown Bullhead



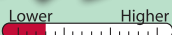
Brook Trout



Brown Trout



Rainbow Trout



White Perch



Yellow Perch (less than 10")



Yellow Perch (10" and larger)



Largemouth Bass



Northern Pike



Lake Trout



Smallmouth Bass



Chain Pickerel



Walleye



General Advisory for...

Fish you buy

Shellfish



Salmon



Flatfish (Flounder, Plaice, & Sole)



Haddock



Canned "Light" Tuna



Canned "White" Tuna



Tuna



Halibut



Swordfish



Shark



Eat Fish...Choose Wisely!

Fish is a good source of nutrition. Use these charts to choose fish lower in mercury. Women of childbearing age and young children should avoid eating fish high in mercury, which can be harmful to a developing nervous system. You can still get the benefits of eating fish by following the guidelines about the types of fish to eat, how often, and how much you eat.

Want more information?

Call us toll-free at 800-439-8550 or visit our website at healthvermont.gov.

For full Vermont fish consumption advisory with specific consumption guidelines see reverse side



EAT FISH - CHOOSE WISELY!



One Fish Meal = 8 ounces uncooked fish. You can mix 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.

	Fish you catch...* <i>in Vermont Waters</i>	Women of childbearing age and children age 6 & under	Everyone else
GENERAL ADVISORY:	Brown Bullhead & Pumpkinseed	No more than 5 meals/month	No Restrictions
	Walleye	0 meals	No more than 1 meal/month
	American Eel, Chain Pickerel, Lake Trout, & Smallmouth Bass	No more than 1 meal/month	No more than 3 meals/month
	Largemouth Bass, Northern Pike, & Yellow Perch (10" and larger)	No more than 2 meals/month	No more than 6 meals/month
	Brook Trout, Brown Trout, Rainbow Trout, White Perch & Yellow Perch (smaller than 10")	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")*	0 meals (includes all children under 15)	No more than 1 meal/month
	Smallmouth Bass (19" and larger)	0 meals	No more than 1 meal/month
	Yellow Perch (smaller than 10")	No more than 5 meals/month	No Restrictions
	Shelburne Pond Yellow Perch (smaller than 10")	No more than 5 meals/month	No Restrictions
	Hoosic River - All Fish*	0 meals	0 meals
	Deerfield Chain (Groat Pond, Somerset Reservoir, Harriman Reservoir, Sherman Reservoir, and Searsburg Reservoir)		
	Brook Trout & Brown Bullhead	No more than 5 meals/month	No Restrictions
	Brown Trout (14" and smaller), Rainbow Smelt, Rainbow Trout, Rock Bass & Yellow Perch	No more than 1 meal/month	No more than 3 meals/month
	Brown Trout (larger than 14 in.) All Other Fish	0 meals	No more than 1 meal/month
	15 Mile Falls Chain (Comerford Reservoir and Moore Reservoir)		
	White Sucker	No more than 1 meal/month	No more than 3 meals/month
	All Other 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	

*The "Fish You Catch" advisory was developed by the Vermont Department of Health based on tests of fish caught in Vermont waters and scientific information about the harmful effects of mercury and in the case of large Lake Trout in Lake Champlain and all fish in the Hoosic River, PCBs (polychlorinated biphenyls).

	Fish you buy...**	
HIGH	Shark, Swordfish, King Mackerel, & Tilefish	0 meals
LOWER	Salmon, Shrimp, Scallops, Clams, Sardines, Haddock, Tilapia, Flounder & Oysters	Eat up to 12 ounces (two average 6 oz. meals) a week of a variety of fish and shellfish that are lower in mercury

Canned tuna has mercury levels comparable to many Vermont-caught fish. Canned solid white tuna tends to contain more mercury than canned light tuna. If you are pregnant and eat one six-ounce can of tuna, you should not eat any more fish that week.



**The "Fish You Buy" advisory was developed by the U.S. FDA and U.S. EPA. See the U.S. Environmental Protection Agency's Fish Advisory website at www.epa.gov/ost/fish for a listing of mercury levels in fish.