

Fish

For Your Health

Fish can be part of a healthy diet. Most fish are low in fat and high in protein.



Affected Waterways	Species DO NOT EAT!
Dicks Creek	
Cincinnati-Dayton Rd. to the Great Miami River	All Species
Great Miami River	
Monument Ave. to the Ohio River	All Suckers
Lake Nesmith	
All Waters	Channel Catfish Common Carp
Little Scioto River	
State Route 730 to Holland Road	All Species
Mahoning River	
Rockhill Ave. NE to the Pennsylvania Border	Channel Catfish 21"+ Common Carp Smallmouth Bass 15"+
Ohio River	
Pennsylvania Border to Belleville Lock	Channel Catfish 18"+
Ottawa River (Toledo)	
Auburn Ave. to Lake Erie	All Species
Secor Road to Auburn Ave.	Common Carp
Portage Canal	
All Waters	Channel Catfish Common Carp
Summit Lake	
All Waters	Channel Catfish Common Carp
Tuscarawas River	
State Route 416 to the Muskingum River	Flathead Catfish 26"+

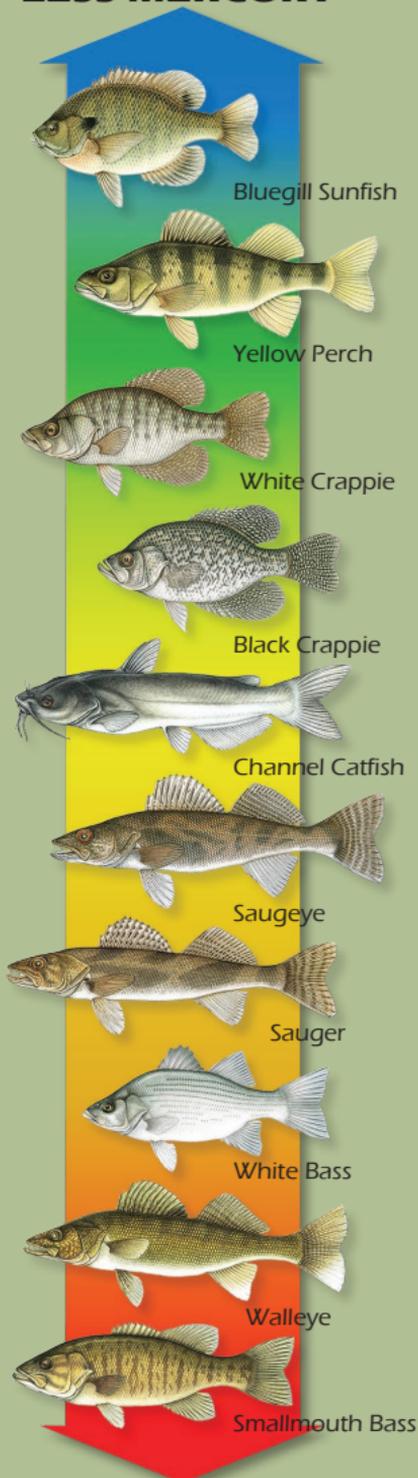
While a general statewide advisory recommends consuming no more than one fish meal per week, the chart identifies some fish from a few specific water bodies that should never be eaten. For remaining advisories see the website listed on the back.

Fish have vitamins and minerals, and contain healthy fats called omega-3 fatty acids.

Omega-3 fatty acids are important for brain and eye growth in infants, and also benefit heart health in adults.

Eat a variety of baked or grilled fish to get omega-3 fatty acid benefits.

LESS MERCURY



MORE MERCURY

To reduce contaminants trim off the skin and fat. Bake, broil or grill the fish.

Cut away the fat along the back

Remove skin

Trim off the belly fat

Cut away the fatty area along the side of the fish

Ohio and the U.S. have an advisory for all waterways of one fish meal per week due to mercury found in fish tissue.

However, fish with less mercury can be eaten up to twice a week, and fish with more mercury should be limited to once a month.



Department of Health
Department of Natural Resources
Environmental Protection Agency

To learn more, visit Ohio EPA's fish advisory website.
epa.ohio.gov/dsw/fishadvisory/index.aspx