

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
Dicks Creek	
Cincinnati-Dayton Road, Middletown to the Great Miami River (Butler County)	All Species
Great Miami River	
Lowhead Dam at Monument Avenue (Dayton) to mouth (Ohio River) (Butler, Hamilton, Montgomery, Warren Counties)	All Suckers
Little Scioto River	
State Route 739, near Marion to Holland Road, near Marion (Marion County)	All Species
Ohio River	
Pennsylvania Border (East Liverpool) to Belleville Lock (Athens, Belmont, Columbiana, Jefferson, Meigs, Monroe, Washington Counties)	Channel Catfish 18" and over
Tuscarawas River	
Massillon to State Route 416 (New Philadelphia) (Stark, Tuscarawas Counties)	Common Carp

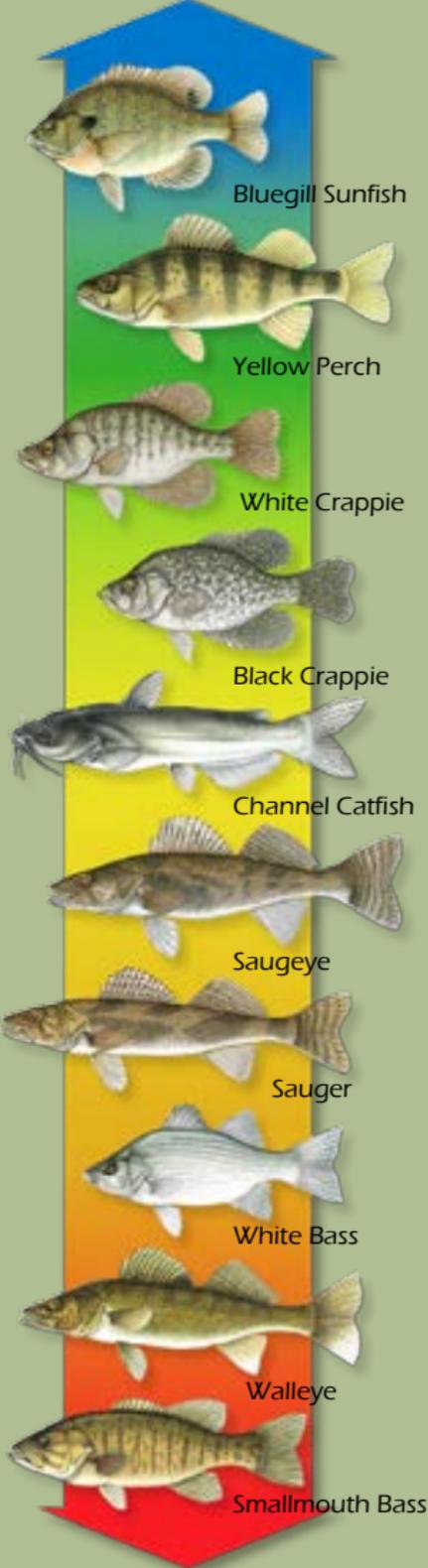
While a general statewide advisory recommends consuming no more than one fish meal per week, the chart identifies some fish from a few specific water bodies that should never be eaten. For remaining advisories see the website listed on the back.

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



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.

MORE MERCURY



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