Locally caught fish which are MORE likely to build up mercury

**Freshwater:**

- Bowfin (Choupique, Grinnel)
- Largemouth Bass
- Spotted Bass
- Garfish
- Freshwater Drum

**Saltwater:**

- King Mackerel
- Blackfin Tuna
- Cobia (Ling, Lemonfish)
- Greater Amberjack

For More Information

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<td>Louisiana Fish Consumption Advisories</td>
<td>LDHH</td>
<td>(888) 293-7020</td>
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<td>Louisiana Fishing Licenses</td>
<td>LDWF</td>
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<td>National Fish Consumption Advice</td>
<td>EPA</td>
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<td>LEAN</td>
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Acknowledgments

This brochure was produced by the Louisiana Department of Health and Hospitals’ Office of Public Health, in cooperation with the Louisiana Department of Environmental Quality and the Louisiana Department of Wildlife and Fisheries. Color Fish Graphics © by Duane Raver.

Published January 2009.

This public document was printed at a total cost of $0000.00. 00,000 copies of this public document were published in this first printing at a cost of $0000.00. This document was published by Department of Health and Hospitals/Bureau of Media & Communications, P.O. Box 3234, Baton Rouge, LA 70821-3234, to inform the public, under the authority of R.S. 36:258(B). It was printed in accordance with standards for printing by state agencies established pursuant to R.S. 43:31. The Louisiana Legislature funds Louisiana’s Mercury Program.
How do I know if locally caught fish are safe to eat?

- Check to see where fish were caught and if there are advisories for those bodies of water. Advisories can be found on the Internet at: www.seet.dhh.louisiana.gov or by calling the Section of Environmental Epidemiology and Toxicology (SEET) at 1-888-293-7020.

- Follow the guidelines for each body of water under a fish advisory and find out which kinds of fish are safe to eat and in what amounts.

- Eat younger and smaller fish, since they usually contain less mercury.

- Eat fish from different sources.

- Seek medical advice if you, or one of your family members, has questions about eating fish that may contain mercury.

What about seafood from stores and restaurants?

EPA/FDA have issued the following guidelines for women and young children:

1. Do not eat King Mackerel, Swordfish, Shark, or Tilefish.

2. Eat up to 2 average meals per week of a variety of fish lower in mercury (e.g., shrimp, canned light tuna, salmon, pollack and catfish). Albacore (white) tuna has more mercury than canned light tuna so eat up to 1 meal per week of white tuna.

3. Eat up to 6-ounces (1 meal) per week of fish from local waterbodies with no advisory.