

**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**

About	Contact	Phone	Website
Louisiana Fish Consumption Advisories	LDHH	(888) 293-7020	<a href="http://www.dhh.louisiana.gov/offices/?ID=205">http://www.dhh.louisiana.gov/offices/?ID=205</a>
Louisiana's Mercury Program	LDEQ	(225) 219-3590	<a href="http://www.deq.louisiana.gov/portal/tabid/287/Default.aspx">http://www.deq.louisiana.gov/portal/tabid/287/Default.aspx</a>
Louisiana Fishing Licenses	LDWF	(225) 765-2800	<a href="http://www.wlf.louisiana.gov">www.wlf.louisiana.gov</a>
Commercially Bought Fish	FDA	(800) SafeFood	<a href="http://www.cfsan.fda.gov/seafood1.html">www.cfsan.fda.gov/seafood1.html</a>
National Fish Consumption Advice	EPA	(202) 566-0389	<a href="http://www.epa.gov/ost/fish">www.epa.gov/ost/fish</a>
Related Non-profit Information	LAC	(225) 346-8761	<a href="http://www.louisiana.audubon.org">www.louisiana.audubon.org</a>
	LEAN	(225) 928-1315	<a href="http://www.leanweb.org">www.leanweb.org</a>

**Acknowledgments**

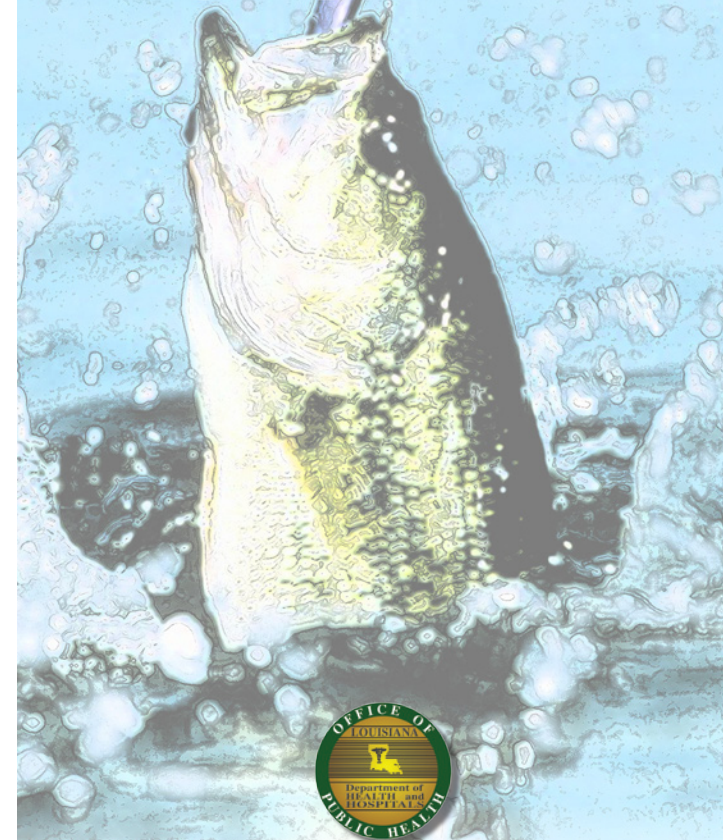
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**MERCURY IN FISH**

**What Everyone Should Know About Eating Locally Caught Fish**



Center for Environmental Health Services (CEHS),  
Section of Environmental Epidemiology & Toxicology (SEET)



## Locally caught fish which are **LESS** likely to build up mercury

### Freshwater:

**Bluegill** (Bream)



**Longear Sunfish**



**Redear Sunfish**  
(Chinquapin)



**Warmouth**  
(Goggle eye)



### REMEMBER ...

*Fish is an excellent source of low-fat protein, vitamins and minerals which promote heart health and proper childhood development. You don't have to quit eating fish from Louisiana lakes and rivers ...*

*Just learn how to eat them safely!*

## What is mercury?

Mercury is a naturally occurring substance that is released into the environment through both human activity and natural processes. It exists in small amounts in lakes, rivers and oceans throughout the world.

## How can mercury threaten our health?

Mercury may build up in organisms such as fish over time, and in humans who eat fish contaminated with mercury. Mercury can harm the brain and nerves. Symptoms include tingling or numbness in the mouth, hands and feet, as well as vision and hearing troubles.

Children under seven years of age and unborn babies are very sensitive to mercury because their nervous systems are still forming. While damage caused by mercury in adults is reversible, effects in children may be irreversible. A pregnant mother can pass mercury to an unborn or nursing child. Young children with high levels of mercury in their bodies may take longer to walk or talk, and could develop learning problems.

## DID YOU KNOW?

**Some fish in Louisiana's waterways contain levels of mercury which can be harmful to pregnant women and young children.**



## 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](http://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.
- Breast milk is an excellent source of nutrition for your baby. So if you are breast-feeding or planning to breast feed, continue to do so but **follow the fish intake guidelines**.
- 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.