

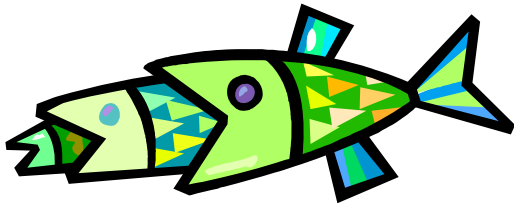
## Eating Locally Caught Fish

### Health Benefits

- Low in calories
- Low in sodium
- High in nutrients
- Good source of potassium
- High quality source of protein
- Easy to digest
- Zero carbs
- Excellent source of vitamins & minerals  
Potassium, protein, Omega-3 fatty acids (salmon, tuna, mackerel, herring)  
Vitamins A & D



### Did you know?



1. Younger fish contain fewer pollutants than older larger fish
2. Panfish feed on insects and are less likely to build up pollutants
3. Large predator fish contain more pollutants

### Potential Contaminates

- Mercury & methylmercury
- Metals: alkylated lead, nickel, copper, zinc, cadmium
- PCB's
- Sediments & suspended solids
- DDT & metabolites



## Reducing Risks

- Adhere to posted fish advisories
- Limit consumption;
  - Critical to women of child bearing age & young children & infants
  - Avoid eating fish if pregnant or nursing as methylmercury is passed on in utero as well as through breast milk and interferes with brain development.
  - Choose smaller, leaner fish

## COOKING

### DO:

- ★ Trim fatty areas before cooking
- ★ Remove or puncture skin before cooking
- ★ Cook to allow fat to drip away
- ★ Deep fry trimmed fillets in vegetable oil



### DON'T:

- ★ Pan fry in butter or animal fat
- ★ Make fish soups or chowders

