

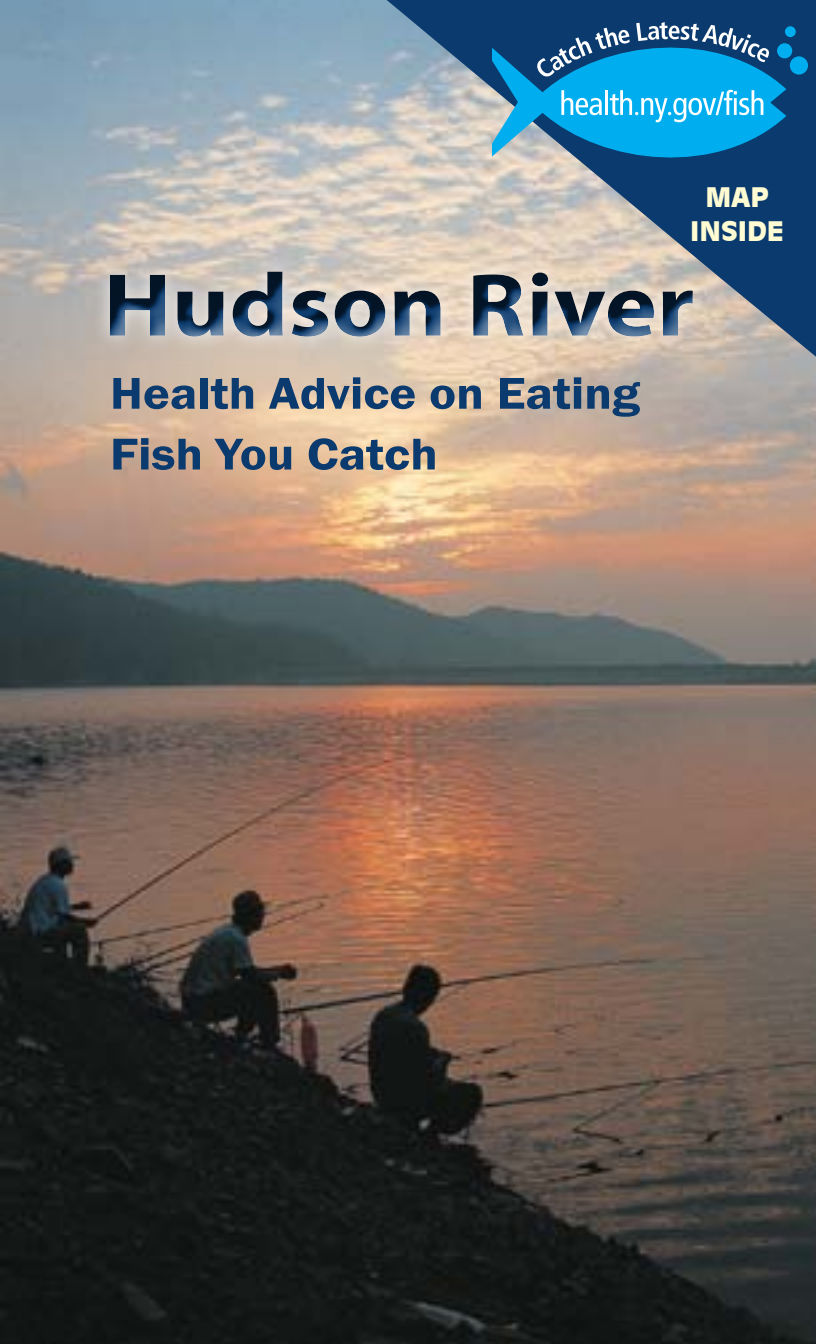
Catch the Latest Advice

health.ny.gov/fish

**MAP
INSIDE**

Hudson River

**Health Advice on Eating
Fish You Catch**



Why We Have Advisories

Fishing is fun and fish are an important part of a healthy diet. Fish contain high quality protein, essential nutrients, healthy fish oils and are low in saturated fat. However, some fish contain chemicals at levels that may be harmful to your health. The primary chemicals of concern in Hudson River fish are called polychlorinated biphenyls (PCBs) and they can build up in your body over time. Health problems that may result from eating fish with PCBs range from small changes in health that are hard to detect to effects on birthweight and cancer. (Visit www.health.ny.gov/fish for more info.) Eating Hudson River fish can be a concern because fish can have many thousands times more PCBs than the surrounding water.

New York State Department of Health (NYSDOH) offers advice about eating fish you catch. The health advice about which fish to eat depends upon:



Who You Are

Women of childbearing age (under 50) and children under 15 should not eat fish or crabs from the Hudson River from the Corinth Dam to the New York City Battery. Women who eat highly contaminated fish and become pregnant may have an increased risk of having children who are slower to develop and learn. Chemicals may have a greater effect on the development of young children or unborn babies. Also, some chemicals may be passed on in mother's milk.

Women beyond their childbearing years and men may face fewer health risks from PCBs. For that reason, the advice for women over age 50 and men over age 15 allows them to eat more kinds of sportfish and more often, particularly in the lower Hudson.



Where You Fish

The advice on eating Hudson fish depends upon where on the river you fish. The Hudson River around Hudson Falls has been more affected by industrial chemicals. **In general, fish from the lower**

Hudson are less contaminated. For example, from the Troy Dam to the Bridge at Catskill, no one is advised to eat striped bass. However, south of Catskill, men and older women can eat up to one striped bass meal a month.

The Hudson River advice also applies to its tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream. This is because chemicals remain in fish when they move from one waterbody to another. If you are not sure about possible fish barriers near waters where you are fishing, see the DEC information on the back of this brochure.



What You Catch

Some species (kinds of fish) have higher levels of chemicals than others. In general, smaller fish are less contaminated than larger, older fish of the same species. PCBs are also found at higher levels in

the fat of fish. **Reduce PCBs by trimming, skinning and cooking your catch as shown in the diagram on the back of brochure.**

Certain species with a lot of fat, like catfish and eels, should be avoided because they have high levels of PCBs.



Visit www.health.ny.gov/fish for the latest fish advisory information

The Hudson River Fish Advisory Outreach Project

The NYSDOH Hudson River Fish Advisory Outreach Project has a goal that all anglers and others who eat fish from the Hudson River know about, understand and follow the advisories.

New York State Fish Advisories

www.health.ny.gov/fish

To be a Hudson River partner, call (518) 402-7530 or 1-800-458-1158

email HRFA@health.state.ny.us

www.health.ny.gov/hudsonriverfish

New York State Fishing

Department of Environmental Conservation (DEC)

visit www.dec.ny.gov/outdoor/fishing.html; (518) 402-8920

Fish from Stores and Restaurants

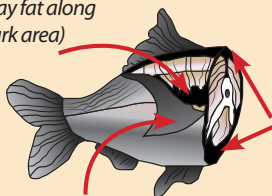
Food and Drug Administration

www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm

Cut the Fat to Cut PCBs

Follow the advice below to reduce PCBs by nearly one half.

*Cut away fat along
side (dark area)*



*Cut away
fat along
back and
belly*

Remove skin

- After trimming as shown, broil, grill, or bake the fish on a rack so that fat drips away.
- Do not pan-fry the fish or use drippings to make stock or sauce

Do not eat the "green stuff" (tomalley) in crabs or use the cooking liquid.



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Women under 50 and children under 15 should not eat ANY fish or crabs from the Hudson River from the Corinth Dam to the Battery

Men over 15 and women over 50 should follow the advice listed on this page:















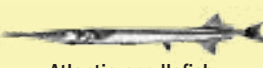



Upstream of the Rt. 9 Bridge
Visit www.health.ny.gov/fish for this advice.

Upper Hudson
From the Rt. 9 Bridge to Troy Dam
Do not eat fish from the Route 9 Bridge to the Troy Dam.
From Baker's Falls to the Troy Dam, New York's State Department of Environmental Conservation's "catch and release" regulations apply.
Take No Fish. Eat No Fish.

Mid Hudson
From Troy Dam to Bridge at Catskill
Eat up to one meal a month:
 
Alewife Rock bass
 
Blueback herring Yellow perch
Do not eat other fish from the Mid Hudson including striped bass

Lower Hudson
From Bridge at Catskill to the NYC Battery

Don't eat:	 White catfish	 Channel catfish	 American eel*	 Gizzard shad
Eat up to one meal a month:	 Striped bass	 White perch	 Carp	 Walleye
	 Bluefish	 Brown bullhead	 Smallmouth bass	 Largemouth bass
	 Rainbow smelt	 Goldfish	 Atlantic needlefish	
Eat up to six crabs a week:	 Blue crab	Do not eat the tomalley (green stuff, mustard) or reuse cooking water		
Eat up to four meals a month:	All other species			

*DEC regulations prohibit taking American eel for food from the Hudson River

The health advice also applies to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.