

Fish Can Be a Healthy Part of Your Diet!

There are many benefits to including fish in a balanced diet for people of all ages. Fish are high in protein, low in fat, and have healthy oils called Omega-3s. Catching fish in Ohio is a fun way to enjoy the outdoors with family and friends and also add nutrients to your diet!

Long-term improvements to water quality in Ohio streams and lakes have led to fewer contaminants in fish. However, some fish are contaminated with chemicals like methyl-mercury and PCBs. Over time, eating contaminated fish can cause health problems. Children and babies, women of childbearing age, and pregnant and breastfeeding women may be at extra risk.

The good news is that you don't have to give up eating wild-caught Ohio fish! ***Always follow the 4 Cs to fish Ohio for your health:***

1. **Check** the advisory before going fishing.
2. **Catch** safer, younger fish.
3. **Clean** the skin, fat, and guts from the fish.
4. **Cook** by baking, broiling, or grilling.

For More Information:

Visit our website at:

<https://odh.ohio.gov/know-our-programs/ohio-sport-fish-consumption-advisory>

Ohio Department of Health
*Bureau of Environmental Health
and Radiation Protection*

(614) 466-1390

BEH@odh.ohio.gov

Ohio Department of Natural Resources
Division of Wildlife

1-800-WILDLIFE (945-3543)

wildinfo@dnr.state.oh.us

<https://ohiodnr.gov/go-and-do/outdoor/fishing>

Ohio Environmental Protection Agency
Division of Surface Water

(614) 644-2160

(800) 755-4769

fishmail@epa.ohio.gov

<https://epa.ohio.gov/divisions-and-offices/surface-water/dsw-programs>

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Fish Ohio For Your Health

Remember the 4 Cs to make Ohio-caught fish a healthy part of your diet:

Check | Catch | Clean | Cook



Department of
Health

Department of
Natural Resources

Environmental
Protection
Agency

1. Check the Advisory Before Going Fishing.

In general, people can eat one serving of Ohio-caught fish every week. However, some fish from certain bodies of water are more likely to be contaminated and should be eaten less often.

To know which fish are best for you, always check the Ohio Sport Fish Consumption Advisory before going fishing at <https://odh.ohio.gov/know-our-programs/ohio-sport-fish-consumption-advisory> or scan:



Do Not Eat

For some Ohio waters, fish should be catch and release only. The **Do Not Eat Table** below identifies the Ohio sport fish that should never be eaten in any amount.

Affected Waterways	Species
Little Scioto River	
State Route 739 near Marion to Holland Road near Marion	All Species
Ohio River	
Pennsylvania Border, East Liverpool, to Belleville Lock (Athens, Belmont, Columbiana, Jefferson, Meigs, Monroe, Washington Counties)	Common Carp
Tuscarawas River	
Massillon to State Route 416, New Philadelphia	Common Carp

2. Catch Safer, Younger Fish.

Younger fish have had less time to build up contaminants in their body. Choose smaller fish within the legal size limit if you plan on eating your catch.

Some species are better choices than others because they naturally build up fewer contaminants. Eat 2 to 3 servings of these Ohio fish every week (unless there is a specific advisory otherwise):

- Catfish
- Sunfish
- Perch (Yellow)
- Walleye

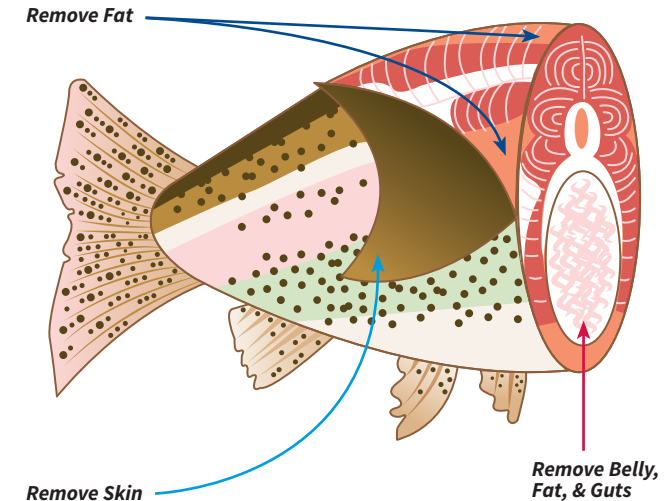
Also remember to make good grocery store choices. Choose these healthy fish when you shop:

- Anchovy
- Sardine
- Clam
- Scallops
- Cod
- Shrimp
- Crab
- Tilapia
- Salmon
- Tuna (Canned Light)



3. Clean the Skin, Fat, and Guts from the Fish.

Chemicals tend to build up in the skin, fat, and organs of the fish, so always trim away and discard these parts before cooking.



4. Cook by Baking, Broiling, or Grilling.

Cooking your fish by baking, broiling, or grilling it on a rack will allow any extra fat to drip away from the fish. Chemicals tend to build up in a fish's fat, so this removes even more chemicals. And unlike deep frying, these cooking methods don't require excessive unhealthy fats like vegetable oil or butter. Keep in mind that one serving of fish is:

- 4 – 6 ounces for adults
- 2 – 3 ounces for children