Eating Fish –
Maximizing Benefits &
Minimizing Risks.

Selected References and Resources for Health Professionals:

- Association of Reproductive Health Professionals http://www.arhp.org/publications-and-resources/clinical-proceedings/RHE
- Fish Facts for Health Professional: Methylmercury Exposure and Health Effects and Four web based modules www.fish-facts.org

Healthy Fish Choices - Web based 10 CME credits
http://cores33webs.mede.uic.edu/healthyfishchoices/index.html

Resources for Patients:

EPA Fish Advisories
http://water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/index.cfm

FDA Mercury in Fish and Shellfish – Consumer Guide
http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm

Michigan Dept. of Community Health Eat Safe Fish
http://www.michigan.gov/mdch/0,1607,7-132-54783_54784_54785---,00.html

NRDC Mercury Calculator
http://www.nrdc.org/health/effects/mercury/calculator/start.asp

General Principles of Preparing Fish Safely – Michigan Department of Community Health

1. Trimming and Cooking
   - Cut off all the fat.
   - Remove or poke holes in the fish’s skin before cooking. This will help the fat and chemicals drain off the fish.
   - Bake, broil or grill the fish on a rack. Throw away the drippings.
   - Do not eat the guts, head, skin, bones or dark fatty areas.
   - Do not re-use the oil that was used to deep or pan fry fish.
2. Eat fish from different places such as the grocery store, restaurants, rivers and lakes.
3. Eat smaller, younger fish. Bigger and older fish have had more time to collect more chemicals in their bodies.
4. Don’t eat fatty fish like carp and catfish from polluted waters. Most chemicals (except for mercury) collect in the fat. Buy catfish from your grocery store instead.
5. Mercury stays in the filet of the fish and cannot be cut or cooked away. Use the guides to choose fish that are low in mercury. Do not eat any of the internal organs of any fish (example: liver).

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