

# Eating Fish – Maximizing Benefits & Minimizing Risks.

## Selected References and Resources for Health Professionals:

- Layie, CJ, Milani RV, Mehra MR, Ventura HO. Omega-3 Polyunsaturated Fatty Acids and Cardiovascular Diseases. J Am Coll Cardiol 2009; 54: 585-594
- De Caterina R. N-3 Fatty Acids in cardiovascular Disease. New Eng J Med 2011; 364: 2439-2450
- 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](http://www.fish-facts.org)



ODNR PHOTO\*

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](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 file 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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\*<http://ohiodnr.com/tabid/20816/Default.aspx>

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