

Catch the Latest Advice

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# Hudson River

## Health Advice on Eating Fish You Catch



## Understanding the Advice

The Hudson River offers excellent freshwater and saltwater fishing opportunities between the Adirondack headwaters and New York City's saltwater Upper Bay. The Hudson River is also known for its world class striped bass fishery. Unfortunately, the river has been impacted by a chemical called polychlorinated biphenyls (PCBs). Eating Hudson River fish can be a concern because fish can have many thousand times more PCBs than the surrounding water. Follow the advice to get the benefits of eating fish while reducing your exposure to chemicals.

### Who you are



People who can become pregnant (under age 50) and children under age 15 should avoid eating any fish from the Hudson River. They are the Sensitive Population on our advice tables.

Chemicals in fish can have a greater effect on childhood development and babies. Many of these chemicals can stay in the body for decades. People who eat highly contaminated fish and become pregnant, may be at a higher risk of having children who are slower to develop and learn. Some chemicals can also be passed on to a child in breast milk.



Everyone else may have fewer health risks from eating fish. They are the General Population on our advice tables.

### What you catch

Each fish has specific advice for how much to eat.



Some fish species have higher levels of chemicals than others, even if they are caught in the same waters. Smaller fish usually have fewer chemicals like mercury and PCBs than larger, older fish of the same species.

## Where you fish



The advice on eating Hudson River fish depends upon where on the river you fish. The Upper Hudson between Hudson Falls and Troy has been most affected by PCBs. This area is a "Take No Fish. Keep No Fish" area where catch and release is required. **In general, fish from the Lower Hudson (south of Catskill) are less contaminated.**

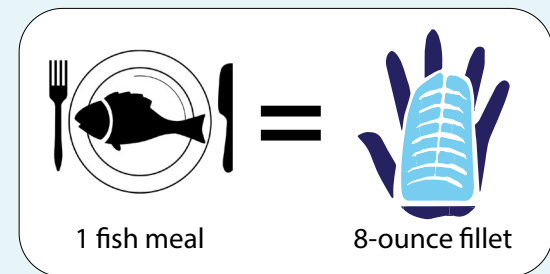
General Population anglers who plan to eat their striped bass should plan to fish in the Lower Hudson (Rip Van Winkle Bridge in Catskill to NYC Battery) where fish are less contaminated.

### Tributaries and other places to fish

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.

Detailed maps are available that show the health advice for public access waters in many counties. These maps use color coding to highlight waters with our statewide, regional (Catskill and Adirondack), and specific advisories. The maps show how advisories apply to connected tributaries. They are a quick, visual guide that can help people make better choices about where to fish for food locally. Find them online:







[www.health.ny.gov/fish/maps.htm](http://www.health.ny.gov/fish/maps.htm).



































**Upstream of South Glens Falls Dam**  
 Visit [www.health.ny.gov/fish](http://www.health.ny.gov/fish) for this advice or see the Northern Hudson River brochure.

**Upper Hudson**  
 From South Glens Falls Dam to Federal Dam at Troy  
 Do not eat fish from the Hudson River between the South Glens Falls Dam and the Federal Dam at Troy.  
 From Baker's Falls to the Federal Dam at Troy, New York's State Department of Environmental Conservation's "catch and release" regulations apply.  
**Take No Fish. Eat No Fish.**

<b>Mid-Hudson</b> From Federal Dam at Troy to the Rip Van Winkle Bridge at Catskill	 General Population	 Sensitive Population
 Alewife  Blueback herring	<b>1</b> meal/month	<b>0</b> DON'T EAT
 Rock bass  Yellow perch		
All other fish from the Mid-Hudson (including Striped bass and Walleye)	<b>0</b> DON'T EAT	<b>0</b> DON'T EAT

The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.



<b>Lower Hudson</b>					
From Rip Van Winkle Bridge at Catskill to the NYC Battery				General Population	Sensitive Population
					
Brown trout	Rainbow trout	Yellow perch			
					
Bluegill	Pumpkinseed/Sunfish	Black crappie			
					
White sucker	Rock bass	any fish not listed			
					
Striped bass	Smallmouth bass	Largemouth bass			
					
Bluefish	Brown bullhead	White perch			
					
Goldfish	Carp	Freshwater drum	Rainbow smelt		
					
Chain pickerel	Atlantic needlefish	Northern pike			
			Blue crab		
Do not eat the tomalley ("green stuff," mustard, hepatopancreas) or reuse cooking water					
					
Walleye	White catfish	Channel catfish			
					
American eel*	Gizzard shad				
<i>*DEC regulations prohibit taking American eel for food from the Hudson River</i>					
				<b>4</b> meals/month	<b>0</b> DON'T EAT
				<b>1</b> meal/month	<b>0</b> DON'T EAT
				<b>6</b> crabs/week	<b>0</b> DON'T EAT
				<b>0</b> DON'T EAT	<b>0</b> DON'T EAT

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## The Hudson River Fish Advisory Outreach Project

The NYS DOH Hudson River Fish Advisory Outreach Project helps anglers and others who eat fish from the Hudson River know about, understand, and follow the advisories.

To learn more about the project visit:  
[www.health.ny.gov/hudsonriverfish](http://www.health.ny.gov/hudsonriverfish)

### New York State Fish Advisories

[www.health.ny.gov/fish](http://www.health.ny.gov/fish)

(518) 402-7530 or 1-800-458-1158

[HRFA@health.ny.gov](mailto:HRFA@health.ny.gov)

Detailed, county-level fishing maps: [www.health.ny.gov/fish/maps.htm](http://www.health.ny.gov/fish/maps.htm)

### New York State Fishing

Department of Environmental Conservation (DEC)

Visit [dec.ny.gov/things-to-do/freshwater-fishing](http://dec.ny.gov/things-to-do/freshwater-fishing); (518) 402-8920

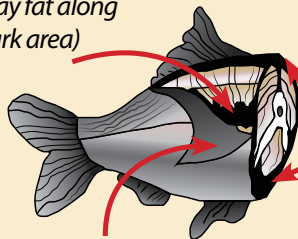
### Fish from Stores and Restaurants

Visit [www.fda.gov/fishadvice](http://www.fda.gov/fishadvice) or [www.epa.gov/fishadvice](http://www.epa.gov/fishadvice)

#### 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.**

