



Catch the Latest Advice

health.ny.gov/fish

MAP INSIDE

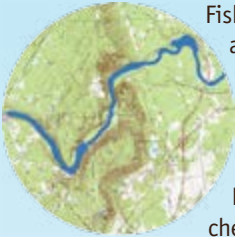
NORTHERN HUDSON RIVER

**Health Advice on Eating Fish You Catch
in Saratoga, Warren & Washington Counties**

Why We Have Advice

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 health. To help people make healthier choices about which fish they eat, the New York State Department of Health issues advice about eating sportfish (fish you catch). The health advice about which fish to eat depends on:

Where You Fish



Fish from waters that are affected by industrial sources are more likely to be contaminated than fish from other waters. **In this stretch of the Hudson River for example, fish upstream of the Corinth dam are generally less contaminated than those downstream.** This is because the upper Hudson River has been less affected by certain industrial chemicals. Some fish are known to move from rivers into tributaries, such as from the Hudson River into the Moses Kill. The river advice also applies to its tributaries up to the first barrier that stops fish from moving upstream, such as a dam or waterfall.

Who You Are



Women of childbearing age (under 50) and children under 15 are advised to limit the kinds of fish they eat and how often they eat them.

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 some chemicals. 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 (see inside table).

What You Catch



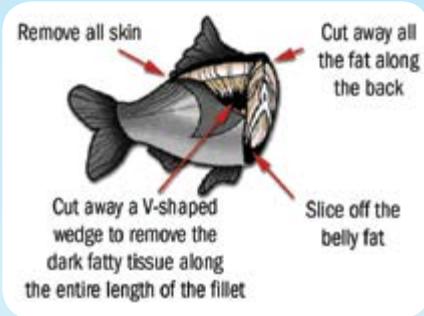
There is specific advice about limiting or not eating certain kinds of fish from the Hudson River. Some species (kinds of fish) have higher levels of chemicals than others. In general, smaller fish are less contaminated than larger, older fish of the same species. You can also choose to fish from waterbodies without specific advice and follow the general advice to eat up to four meals per month.

Health Risks

The primary chemicals of concern in this section of the Hudson River are PCBs and mercury. These chemicals build up in your body over time. Health problems that may result from chemicals in fish range from small changes in health that are hard to detect to birth defects and cancer. (Visit www.health.ny.gov/fish for more info.)

Tips for Reducing PCBs

- PCBs are found at higher levels in the fat of fish. Reduce fat by properly trimming, skinning and cooking your catch:



Cooking or soaking fish cannot eliminate the chemicals, but heat from cooking melts some of the fat. Broil, grill or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings in sauces or gravies.

- To reduce exposures to PCBs, avoid or eat less carp, channel catfish, and white perch because these fish tend to have higher levels of these contaminants.

Tips for Avoiding Mercury


- The only way to reduce how much mercury you get from fish is to eat less contaminated fish.
- To reduce exposures to mercury, avoid or eat less largemouth and smallmouth bass, northern pike, pickerel, walleye and larger yellow perch (for example, longer than 10 inches) because these fish tend to have higher mercury levels.
- Mercury is distributed throughout a fish's muscle tissue (the part you eat), rather than in the fat and skin. Trimming and skinning will not reduce the amount of mercury in a fish meal.

Tips for Healthier Eating

- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for women and young children.
- Bacteria, viruses or parasites may be in or on fish. Keep harvested fish cold. Wear gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.

Common Fish of the Northern Hudson River



Hudson River Location & Tributaries (Chemical of Concern)	1 Upstream of Corinth Dam (Mercury)	2 Corinth Dam to South Glens Falls Dam (PCBs & Mercury)	3 South Glens Falls Dam to Hudson Falls Dam (PCBs)	4 Hudson Falls Dam to Federal Dam (Troy) (PCBs)
 Men Over 15 & Women Over 50	Up to 4 meals/month of all fish	<ul style="list-style-type: none"> Up to 1 meal/month of smallmouth bass over 14" and carp Up to 4 meals/month of smallmouth bass under 14" and all other fish 	Don't eat <u>ANY</u> fish	Take no fish. Eat no fish. (DEC catch and release regulations apply)
 Women Under 50 & Children Under 15	Adirondack Region Advisory Applies: <ul style="list-style-type: none"> Don't eat yellow perch over 10", largemouth bass, northern pike, pickerel, smallmouth bass, and walleye because these fish have higher mercury levels Up to 4 meals/month of other fish with lower mercury levels, such as yellow perch under 10", bullhead, bluegill, sunfish, rock bass, crappie, and brook, brown, and rainbow trout 	Don't eat <u>ANY</u> fish	Don't eat <u>ANY</u> fish	Take no fish. Eat no fish. (DEC catch and release regulations apply)

Fish from Stores and Restaurants



The US Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, FDA advises pregnant women, women who may become pregnant, nursing mothers and young children to avoid shark, swordfish, king mackerel and tilefish.

Food and Drug Administration: (888) SAFEFOOD, (888) 723-3366

More Information

New York State Fish Advisories

Department of Health
www.health.ny.gov/hudsonriverfish
www.health.ny.gov/fish
(518) 402-7800
(800) 458-1158
email BTSA@health.state.ny.us

Other Fish Information

Environmental Protection Agency
www.epa.gov/ost/fish

Food and Drug Administration
www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm

New York State Fishing

Department of Environmental
Conservation (DEC)
www.dec.ny.gov/outdoor/fishing.html

DEC Region 5

(Saratoga, Warren & Washington counties)

Raybrook Office
(518) 897-1333

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Jacqueline Donnelly*