Advice on Eating Hudson River Fish

Includes Kingston, Poughkeepsie, Newburgh, Beacon, Peekskill, and Yonkers

Do Not Eat

No one should eat Hudson River catfish, walleye or American eel because they have more contamination. DEC regulations also prohibit taking Hudson River American eel for food.

American eel

Catfish

Walleye

For more information:
New York State Department of Health
(518) 402-7530 or 1-800-458-1158
www.health.ny.gov/hudsonriverfish

Who eats the fish you catch? It matters.

Women Under 50 and Children Under 15

Should not eat any fish from the Hudson River. Chemicals called PCBs in the fish may be more harmful to young children and unborn babies.

See back panel for fish that no one should eat.
Can eat up to six crabs per week (meat only). Do not eat the tomalley (green stuff, mustard) or reuse cooking water.

Can eat up to one meal per month of one of these species:

- Striped bass
- White perch
- Carp
- Bluefish
- Brown bullhead
- Smallmouth bass
- Rainbow smelt
- Largemouth bass
- Goldfish
- Atlantic needlefish

All other fish from Catskill to the Battery can be eaten once a week by men over 15 and women over 50.

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 the fat drips away.
- Do not pan-fry the fish or use drippings to make stock or sauce.