

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.



Catfish



Walleye



American eel

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.**



Men Over 15 and Women Over 50

Can eat up to six crabs per week (meat only). Do not eat the tomalley (green stuff, mustard) or reuse cooking water.



Blue crab

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



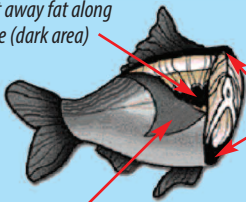
Atlantic needlefish

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.