

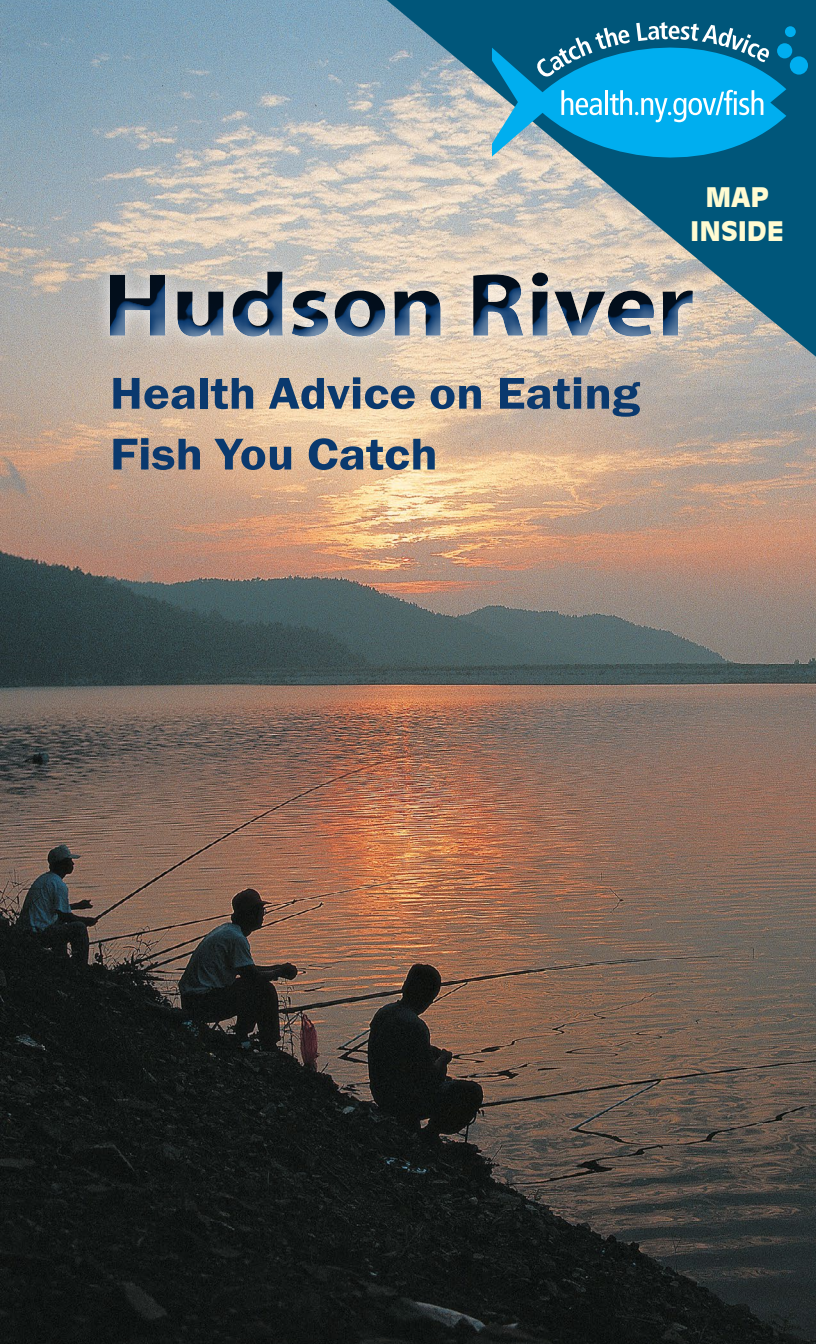
Catch the Latest Advice

health.ny.gov/fish

**MAP
INSIDE**

Hudson River

**Health Advice on Eating
Fish You Catch**



Why We Have Advisories

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 your health. The primary chemicals of concern in Hudson River fish are called polychlorinated biphenyls (PCBs) and they can build up in your body over time. Health problems that may result from eating fish with PCBs range from small changes in health that are hard to detect to effects on birthweight and cancer. (Visit www.health.ny.gov/fish for more info.) Eating Hudson River fish can be a concern because fish can have many thousands times more PCBs than the surrounding water.

New York State Department of Health (NYSDOH) offers advice about eating fish you catch. The health advice about which fish to eat depends upon:

Who You Are



Women of childbearing age (under 50) and children under 15 should not eat fish or crabs from the Hudson River from the Corinth Dam to the New York City Battery. 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 PCBs. 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, particularly in the lower Hudson.

Where You Fish



The advice on eating Hudson fish depends upon where on the river you fish. The Hudson River around Hudson Falls has been more affected by industrial chemicals. **In general, fish from the**

lower Hudson are less contaminated. For

example, from the Federal Dam at Troy to the Rip Van Winkle Bridge at Catskill, no one is advised to eat striped bass. However, south of Catskill, men and older women can eat up to one striped bass meal a month.

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. If you are not sure about possible fish barriers near waters where you are fishing, see the DEC information on the back of this brochure.

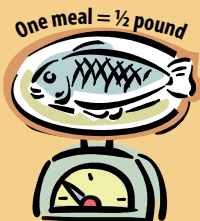
What You Catch



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. PCBs are also found at higher levels in the fat of fish. **Reduce PCBs by trimming, skinning,**

and cooking your catch as shown in the diagram on the back of brochure.

Certain species with a lot of fat, like catfish and eels, should be avoided because they have high levels of PCBs.





















Visit www.health.ny.gov/fish for the latest fish advisory information



Upstream of South Glens Falls Dam
 Visit 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 South Glens Falls Dam to 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.

Mid Hudson From Federal Dam at Troy to Rip Van Winkle Bridge at Catskill	 Men over 15 and Women over 50	 Women under 50 and Children under 15
 Alewife  Blueback herring  Rock bass  Yellow perch	Up to 1 meal/month	DON'T EAT
All other fish from the Mid Hudson (including Striped bass and Walleye)	DON'T EAT	DON'T EAT

Lower Hudson From Rip Van Winkle Bridge at Catskill to the NYC Battery	 Men over 15 and Women over 50	 Women under 50 and Children under 15
 Walleye  White catfish  Channel catfish  American eel*  Gizzard shad <i>*DEC regulations prohibit taking American eel for food from the Hudson River</i>	DON'T EAT	DON'T EAT
 Striped bass  Smallmouth bass  Largemouth bass  Bluefish  Brown bullhead  White perch  Carp  Rainbow smelt  Goldfish  Atlantic needlefish	Up to 1 meal/month	DON'T EAT
 Blue crab Do not eat the tomalley ("green stuff," mustard, hepatopancreas) or reuse cooking water	Up to 6 crabs/week	DON'T EAT
All other species	Up to 4 meals/month	DON'T EAT

Don't forget that specific advice applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.

The Hudson River Fish Advisory Outreach Project

The NYSDOH Hudson River Fish Advisory Outreach Project has a goal that all anglers and others who eat fish from the Hudson River know about, understand, and follow the advisories.

New York State Fish Advisories

www.health.ny.gov/fish

To be a Hudson River partner, call (518) 402-7530 or 1-800-458-1158

email HRFA@health.ny.gov

www.health.ny.gov/hudsonriverfish

Detailed county level fishing maps: www.health.ny.gov/fish/maps.htm

New York State Fishing

Department of Environmental Conservation (DEC)

Visit www.dec.ny.gov/outdoor/fishing.html; (518) 402-8920

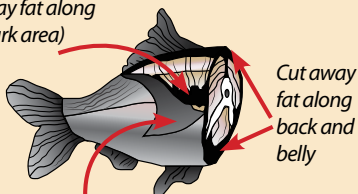
Fish from Stores and Restaurants

Visit www.fda.gov/fishadvice or 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.

