

Advice on Eating Hudson River Fish

Federal Dam at Troy to Catskill Bridge at Catskill



Includes Troy, Albany, Coxsackie, Hudson, and Catskill

2791 New York State Department of Health 5/11

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.



Men Over 15 and Women Over 50

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



Rock bass



Yellow perch



Alewife

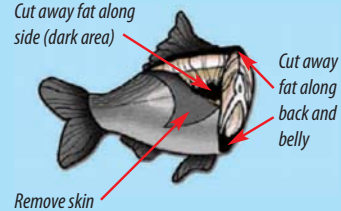


Blueback herring

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.



Do Not Eat

No one should eat most fish caught from Troy to Catskill Bridge, including striped bass, catfish and American eel, because they have more contamination. DEC regulations also prohibit taking Hudson River American eel for food.



Striped bass



Catfish



American eel

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