

# Florida's freshwater fish— fun to catch, good to eat & healthy too!



Fish recipes from "Heart-Healthy Fish Recipes From Real Floridians" cookbook are available at [www.doh.state.fl.us/floridafishadvice/](http://www.doh.state.fl.us/floridafishadvice/).

**WHY EAT FISH?** Eating fish may help reduce your risk of heart attack and stroke. Fish high in omega 3 fatty acids—a type of fatty acid that supports fetal, infant and child brain and eye development—are good for mothers and children.

**HOW MUCH SHOULD I EAT?** Adults should eat about 8 ounces of fish each week, and women who are pregnant, or breastfeeding, should eat 8 to 12 ounces (cooked weight) of fish per week. Eating a variety of fish has the most benefit.

**WHAT ABOUT MERCURY EXPOSURE?** For most people, the risk of eating mercury-exposed fish is not a health concern, but developing fetuses and young children are more sensitive to the effects mercury has on the brain. Women of childbearing age and young children should eat fish with low mercury levels. Mercury can't be cut away, cleaned or cooked out of fish.

## Basic guidelines for eating freshwater fish caught in Florida

For more complete species and site-specific information call 850.245.4299, and request a copy of the Florida Department of Health's *Fish Consumption Advisory* booklet, or visit [www.doh.state.fl.us/floridafishadvice/](http://www.doh.state.fl.us/floridafishadvice/).

### Women of childbearing age & young children

**EAT 1 MEAL PER WEEK OF THESE FISH WITH VERY LOW MERCURY:**



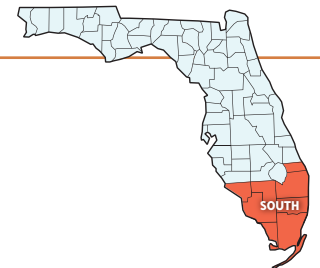
bluegill



brown bullhead catfish



redear sunfish



**EAT 1 MEAL PER MONTH OF THESE FISH WITH LOW MERCURY:**

black crappie ■ channel catfish ■ white catfish ■ redbreast sunfish ■ spotted sunfish ■ warmouth ■ mayan chlid ■ chain pickerel

**Black bass and largemouth bass:** In the southern region, fish smaller than 14 inches. For other regions, follow the legal-size limits.

**If in one month you eat a meal of the fish listed above:** Don't eat anymore fish listed as *eat 1 meal per month*. Instead eat only other high omega-3, low-mercury fish for the remainder of the month, try: Atlantic salmon, rainbow trout and striped mullet.

**Do NOT eat:** Black bass and large mouth bass in the southern region that are larger than 14 inches. Avoid eating bowfin and gar.

**FOLLOW SITE-SPECIFIC ADVICE FOR THESE FISH:**

butterfly peacock ■ flathead catfish ■ longear sunfish ■ blue tilapia ■ shadow bass ■ blue catfish ■ oscar ■ spotted bullhead catfish  
sunshine/striped/white bass ■ yellow bullhead catfish

### Women not planning to be pregnant & men

**EAT 2 MEALS PER WEEK OF THESE FISH WITH VERY LOW MERCURY:**



bluegill



brown bullhead catfish



redear sunfish



redbreast sunfish

**EAT 1 MEAL PER WEEK OF THESE FISH WITH LOW MERCURY:**

black crappie ■ channel catfish ■ white catfish ■ spotted sunfish ■ warmouth ■ mayan chlid ■ chain pickerel

**Black bass and largemouth bass:** In the southern region, fish smaller than 14 inches. For other regions, follow the legal-size limits.

**EAT 1 MEAL PER MONTH OF THESE FISH WITH MODERATE MERCURY:**

**Black bass and largemouth bass:** In the southern region, fish larger than 14 inches.

**If in one month you eat a meal of the fish listed above:** Don't eat any more fish listed as *eat 1 meal per month*. Instead eat only other high omega-3, low-mercury fish for the remainder of the month, try: Atlantic salmon, rainbow trout, mullet and other wild-caught, oily fish.

**FOLLOW SITE-SPECIFIC ADVICE FOR THESE FISH:**

butterfly peacock ■ flathead catfish ■ longear sunfish ■ blue tilapia ■ shadow bass ■ blue catfish ■ oscar  
spotted bullhead catfish ■ sunshine/striped/white bass ■ yellow bullhead catfish