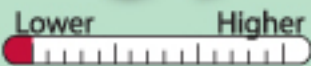


# Eat Fish Low In... **MERCURY**

## Fish you catch...

Pumpkinseed



Brown Bullhead



Brook Trout



Brown Trout *Brown Trout have HIGH mercury levels in Deerfield Chain Waters*



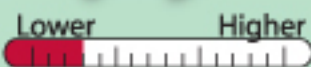
Rainbow Trout



Rainbow Smelt



Landlocked Salmon



Yellow Perch *Yellow Perch have HIGH mercury levels for fish larger than 10"*



Lake Trout *Lake Trout have HIGH PCB levels in Lake Champlain*



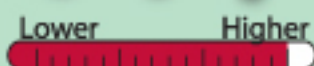
Largemouth Bass



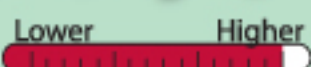
Smallmouth Bass



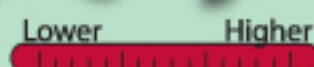
Northern Pike



Chain Pickerel



Walleye



## Fish you buy...

Atlantic Salmon



Shellfish



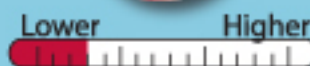
Flatfish & Flounder



Hake, Haddock, Pollock & Cod



Canned "Light" Tuna



Canned "White" Tuna



Tuna



Halibut



Swordfish



Shark



## Eat Fish - Choose Wisely!

Fish is a good source of nutrition. Use this chart to choose fish lower in mercury. Mercury in fish can harm your family (pregnant and nursing women, and children age 6 and younger should not eat fish containing highest amounts of mercury). Even small amounts can damage a developing brain. Want more information? Call us toll-free at 800-439-8550 or visit our web site at [www.mercvt.org](http://www.mercvt.org).



**VERMONT**  
DEPARTMENT OF ENVIRONMENTAL CONSERVATION  
DEPARTMENT OF FISH & WILDLIFE  
DEPARTMENT OF HEALTH