Reduce Risk from Fish You Catch and Eat

Fish Age & Size
Generally, older and larger fish may be more contaminated than younger, smaller fish.

Fish Cleaning to Reduce Risk
- Remove all skin
- Remove the fat along the back
- Remove the fatty dark meat along the length of the fillet
- Remove the belly fat

Removing skin and fatty areas reduces some contaminants by 25 to 50% but does not remove mercury.

Cooking Methods to Reduce Risk

GOOD
- Broiling
- Baking
- Grilling

OKAY
- Deep-fat frying (do not reuse oil)

POOR
- Pan frying

Women and Small Children

Children under seven and women who are pregnant, nursing, or may become pregnant should:
- not eat mullet from advisory areas
- limit meals of fish and blue crabs to one per month from advisory areas

Don’t stop eating fish and seafood. They provide one of the best sources of protein and Omega-3 fatty acids. Get seafood from other sources than advisory areas.

For More Information

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(912) 466-0934

Glynn County Health Department
150 Scranton Connector
Brunswick, GA 31525
(912) 262-2300

Georgia Department of Natural Resources
One Conservation Way
Brunswick, GA 31520
(912) 262-7218

Program support provided by:
Consumption Guidelines for Advisory Area

**NO LIMIT – EAT AS OFTEN AS YOU LIKE**
- Shrimp*

**EAT ONLY ONCE PER WEEK**
- Red Drum (Red Fish)
- Blue Crab
- Spotted Seatrout
- Flounder

**EAT ONLY ONCE PER MONTH**
- Spot*
- Black Drum
- Striped Mullet*
- Whiting
- Atlantic Croaker*
- Sheepshead

*Purvis and Gibson Creeks and the adjoining area of Turtle River: Eat Shrimp only once per month; Do not eat Atlantic Croaker, Spot, or Striped Mullet. Terry and Dupree Creeks: Do not eat Spot. Buffalo River: Do not eat Striped Mullet.