



New Hampshire Fish and Game Department

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Is it safe to eat the fish?

Fish Consumption Guidelines

While fish can be an important part of a healthy diet, some freshwater fish in New Hampshire contain varying levels of contaminants and pose a potential health risk. Because of this, please follow these fish consumption guidelines provided by the N.H. Department of Environmental Services (DES):

- Pregnant and nursing women, and women who may get pregnant CAN SAFELY EAT one 8-oz. (227 g.) meal per month of freshwater fish.
- Children under age 7 CAN SAFELY EAT one 3-oz. (85 g.) meal per month of freshwater fish.
- All other adults and children age 7 and older CAN SAFELY EAT four 8-oz. (227 g.) meals per month of freshwater fish.
- When eating bass and pickerel, limit consumption to fish 12 inches or less in length while following the above guidelines.
- Additional guidelines apply for eating saltwater fish. [For details, click here](#) or contact the N.H. Department of Environmental Services at (603) 271-3994.
- Additional guidelines apply to freshwater fish taken from May Pond and Ashuelot Pond in Washington, Crystal Lake in Gilmanton, Comerford, Moore and McIndoes reservoirs on the Connecticut River and the Androscoggin River from Berlin to the Maine border.
- Brood-stock Atlantic salmon only: Adults ages 16 and older can safely eat one half-meal (4 oz.) per month. Children ages 15 and younger and women who are pregnant, nursing or may become pregnant should not eat brood-stock Atlantic salmon.

Stick to the lowest weekly or monthly limits, and do not add them together. For example, a pregnant woman who eats two cans of light tuna per week is advised not to consume any additional meals of other ocean fish or freshwater fish.

Within these guidelines, the public is encouraged to continue eating fish as part of a healthy diet. Fish are high in protein and low in saturated fat and cholesterol compared to meat or poultry.



The pamphlet, *Is It Safe to Eat the Fish We Catch? Mercury & Other Pollutants in Fish* and the insert, *Fish Consumption Advisory for Freshwater Fish, Ocean Fish and Shellfish*, publications of the N.H. Department of Environmental Services, provide additional background. [Click here to download copies from the DES website.](#)

To request this publication, or to find more information regarding the health effects of mercury or details on specific advisories, contact:

N.H. Department of Environmental Services
(603) 271-3994

www.des.state.nh.us/eoh/hra

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