

Oh! Fish

The fish that you eat!

Eating fish is good for your heart and children's growth.

The FDA recommends that you eat two or three servings of fish per week. However, some fish contain high levels of mercury, which can make them unsafe to eat.

One fish, two fish. Bad fish, good fish.

Mercury is a metal that is found in soil, rock, air and water. Fish are exposed to mercury that is in the water and their food. Nearly all fish have at least traces of mercury in them. The mercury builds up in their tissues over their lifespan. If humans consume fish with high levels of mercury, it can interfere with the developing nervous system. Mercury in fish can also harm older children and adults but requires larger amounts. Usually the harmful effects can be corrected if a person stops eating fish that contain high levels of mercury.

Big fish, small fish. Old fish, new fish.

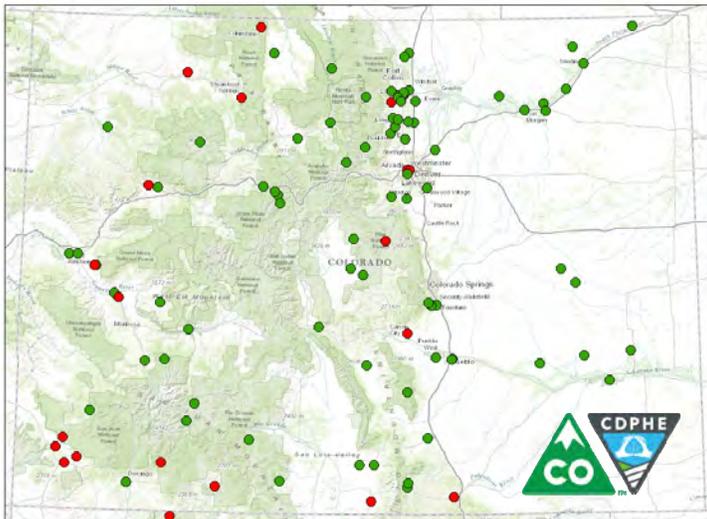
The amount of mercury in a fish depends on its age and what it eats. Bigger, older fish may have more mercury, especially if they eat other fish with mercury. Some fish may be safe to eat when they are small, but unhealthy when they are large.

Cooked fish, raw fish. Caught fish, bought fish.

Cooking or cleaning fish does not remove mercury. The guidelines provided here only apply to fish caught in Colorado. Fish from restaurants and stores may also have high levels of mercury. Guidelines for safely eating these fish can be found through the FDA at www.fda.gov.

Green fish, red fish. Live fish, dead fish.

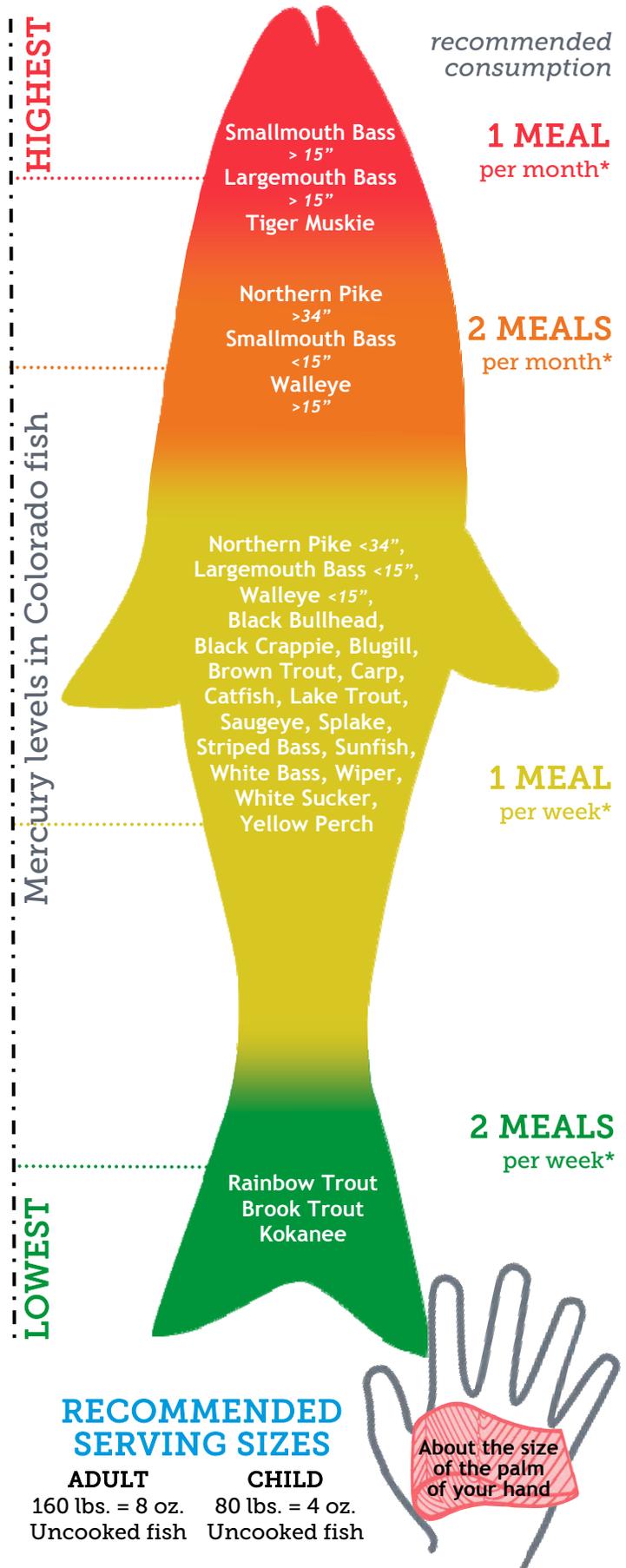
The fish in Colorado are routinely tested for mercury levels. The map below displays locations where fish have been tested. Green dots mean that the location has no advisories. Red dots mean that there are advisories for some of the fish in that location. You should check our website before eating fish from these locations.



www.colorado.gov/cdphe/wq-fish-consumption



Guidelines for Colorado fish



*Recommendations for the general population. Individuals that are considered high risk should follow more detailed guidelines.