






# Eat Fish - Choose Wisely

## Safe eating guidelines for Fish You Catch in Vermont

 <p>People who are nursing, pregnant or planning to be, and <b>children</b> under 6 years old</p>	<p>Fish are part of a healthy diet. Use this chart to help you choose which fish to eat, and how often to eat them, based on their <b>mercury levels</b>.</p>	 <p>People who are <b>not</b> nursing, pregnant or planning to be, and <b>children</b> age 6 and older</p>
<p>Eat up to <b>4</b> meals per month</p>	<p><b>1 meal of fish = 8 ounce fillet</b></p> <p><b>Low Mercury</b></p>  <p>Rainbow Trout, Yellow Perch (less than 10"), Brown Trout, Pumpkinseed, White Perch, Brook Trout, Brown Bullhead</p>	<p>Eat up to <b>8</b> meals per month</p>
<p><b>OR</b></p> <p>Eat <b>1</b> meal per month</p>	<p><b>Medium Mercury</b></p>  <p>Largemouth Bass, Yellow Perch (10" and larger), Smallmouth Bass (less than 16"), Northern Pike</p>	<p><b>OR</b></p> <p>Eat up to <b>6</b> meals per month</p>
<p><b>0</b></p> <p>Do not eat</p>	<p><b>High Mercury</b></p>  <p>Lake Trout, Smallmouth Bass (16" and larger), Chain Pickerel, Walleye</p>	<p><b>OR</b></p> <p>Eat up to <b>4</b> meals per month</p>

If you reach the meals per month limit, eat no other fish that month. If you do not reach the limit, then you can eat additional servings of fish you buy. Use the fish meal calculator on our website to help you figure out how much fish to eat.

These guidelines are based on an 8-ounce fillet of fish caught in Vermont and scientific information about the harmful effects of mercury. They do not apply to dried fish, whole fish or fish organs. There may be specific safe eating guidelines in place for certain waterbodies in Vermont.

### Want more information?

Go to [HealthVermont.gov/Mercury-Fish](http://HealthVermont.gov/Mercury-Fish) where a text-only version of these guidelines is also available, or call us toll-free at 800-439-8550

