A Guide to Eating Fish from the New River

Women 18 - 45 years and Children 1 - 17 years

Tilapia

Carp

Channel Catfish

4 total servings a week	OR	1 total serving a week	Do not eat

Women 46 years and older and Men 18 years and older

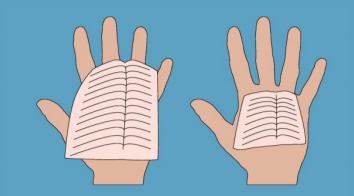
Tilapia

Carp

Channel Catfish

4 total servings a week	OR	2 total servings a week	OR	1 total serving a week

8 IBU JT B TFSWJOH



'PS "EVMUT 'PS $IJMESFO

" TFSWJOH JT about UIF TJ[F BOE UIJDLOFTT PG ZPVS IBOE for fish fillets (JWF DIJMESFO TNBMMFS TFSWJOHT

8 IZ FBU GJTI?

&BUJOH GJTI JT HPPE GPS ZPVS IFBMUI 'JTI IBWF oNFHB T UIBU DBO SFEVDF ZPVS SJTL GPS IFBSU EJTFBTF BOE JNQSPWF IPX UIF CSBJO EFWFMPQT JO VOCPSO CBCJFT BOE DIJMESFO

8 IBU JT UIF DPODFSO

4PNF GJTI IBWF IJHI MFWFMT PG NFSDVSZ, DDTs, 1$#T, or selenium . FSDVSZ and DDTs DBO IBSN UIF CSBJO, FTQFDJBMMZ JO VOCPSO CBCJFT BOE DIJMESFO 1$#T DBO DBVTF DBOcer. High levels of selenium can cause health problems.

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