Massachusetts Department of Public Health

Fish Consumption Advisory for Marine and Fresh Water Bodies

Fish is good for you and your family. It is a good source of protein and it is low in fat. It may also protect you against heart disease. If you may become pregnant or are pregnant or nursing, you and your children under 12 years old may safely eat 12 ounces (about 2 meals) per week of fish or shellfish not covered in this advisory. This recommendation includes canned tuna, the consumption of which should be limited to 2 cans per week. Very small children, including toddlers, should eat less. Consumers may wish to choose to eat light tuna rather than white or chunk white tuna, the latter of which may have higher levels of mercury. Otherwise, it is important to follow the Safe Eating Guidelines included in this advisory.

Safe eating guidelines for pregnant women, women who may become pregnant, nursing mothers and children under 12 years old:

Do Not Eat: Freshwater fish caught in streams, rivers, lakes, and ponds in Massachusetts*

Safe To Eat: Fish that are stocked in streams, rivers, lakes, and ponds in Massachusetts

Safe To Eat: Cod, haddock, flounder and pollock in larger amounts

Do Not Eat: Lobster from New Bedford Harbor

Do Not Eat: Swordfish, shark, king mackerel, tilefish, and tuna steak

Do Not Eat: Bluefish caught off the Massachusetts coast

Do Not Eat: Lobsters, flounder, soft-shell clams and bivalves from Boston Harbor

Safe eating guidelines for everyone:

Do Not Eat: Fish and shellfish from the closed areas of New Bedford Harbor

Do Not Eat: Lobster tomalley

*More specific consumption advice is available for certain freshwater bodies that have been tested at: http://www.mass.gov/dph/fishadvisories or by calling the Massachusetts Department of Public Health, Bureau of Environmental Health at 617-624-5757.

A varied diet, including safe fish, will lead to good nutrition and better health.