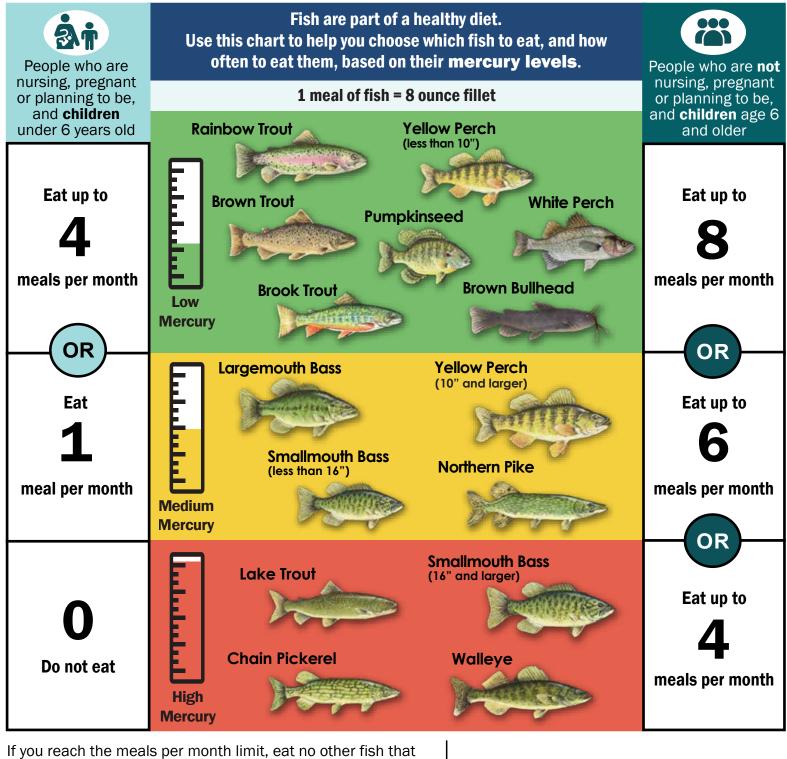
## Eat Fish - Choose Wisely

Safe eating guidelines for Fish You Catch in Vermont



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** where a text-only version of these guidelines is also available, or call us toll-free at 800-439-8550



