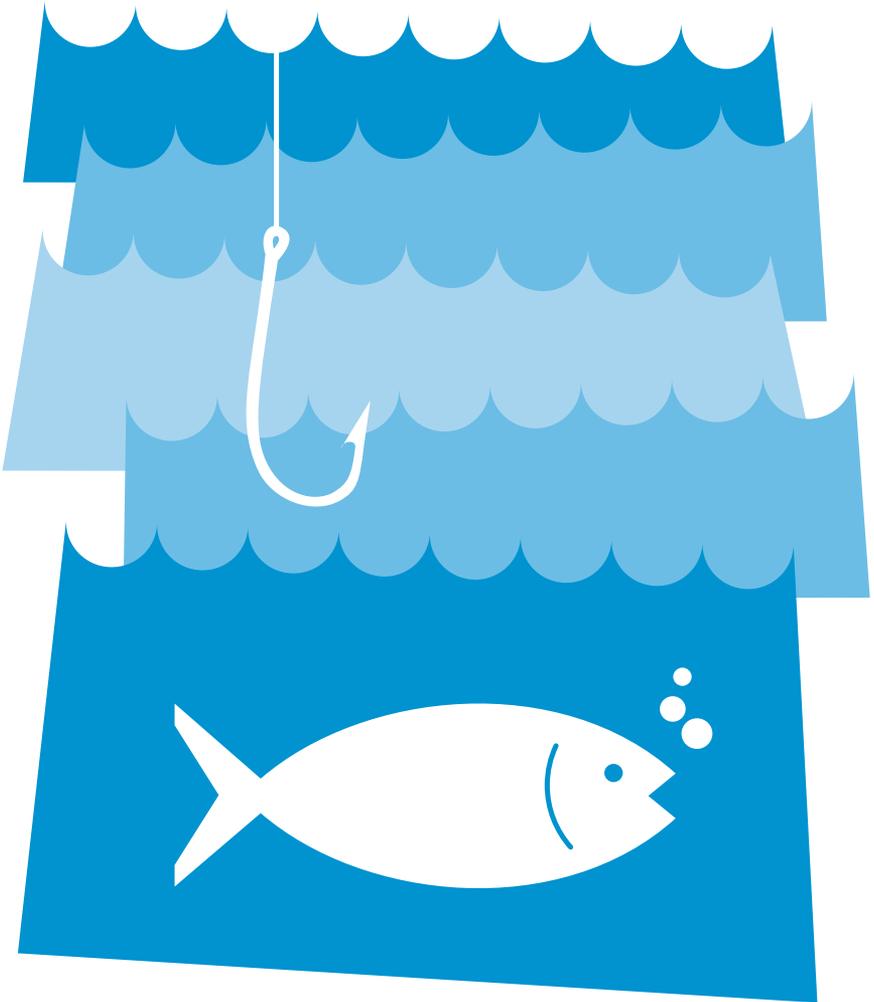
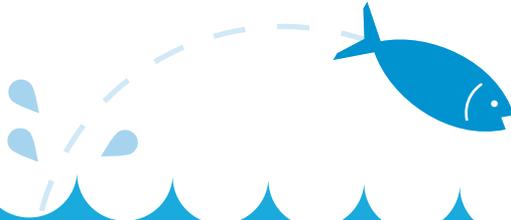


2009–2010

Health Advisories On Eating Sportfish

New York City Area, Rockland and
Westchester Counties and Long Island, Including
Marine Waters of New York State





Fish can be good to eat and nutritious. But some fish contain chemicals that may be harmful to health. The New York State Department of Health (DOH) issues advice on eating fish that people catch in New York State waters.

General Advisory

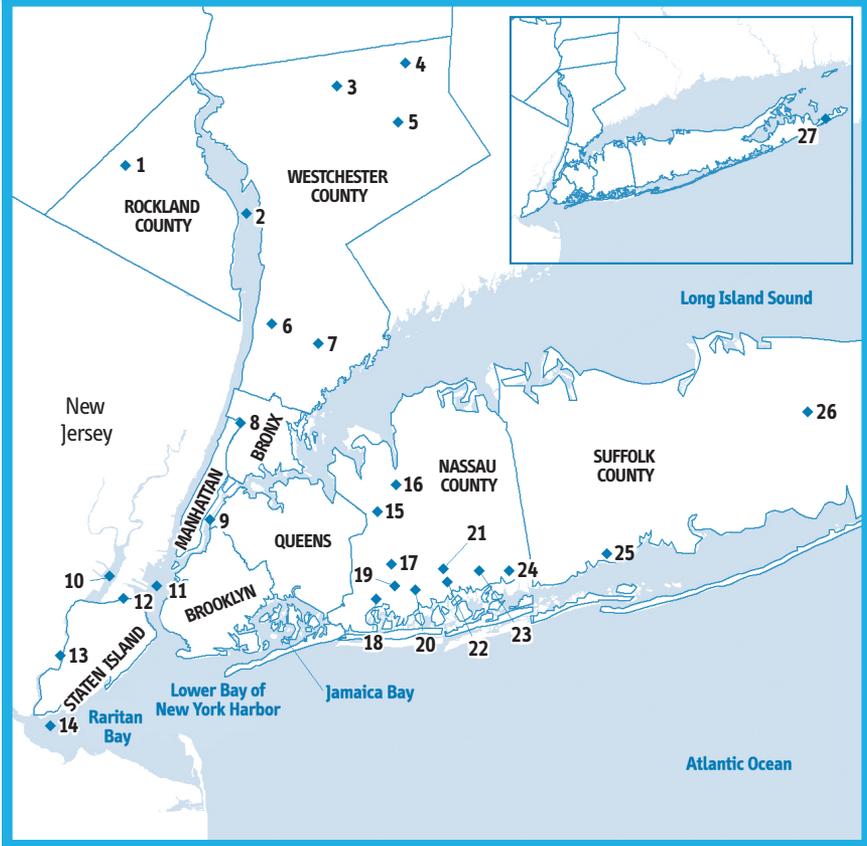
The DOH general advisory is that you should eat no more than one half-pound meal of fish per week from any of the state's fresh waters, the Hudson River, the Upper Bay of New York Harbor, Arthur Kill, Kill Van Kull, Newark Bay, Raritan Bay west of Wolfe's Pond Park, Harlem River and the East River.

Specific Advisories

Many waters have even stricter, specific advisories because elevated contaminant levels have been found in their fish. This brochure provides these specific advisories for only part of New York State (see map). Specific fish advisories apply to many other state waters, including the Hudson River north of Catskill. For a statewide advisory list and additional information, you should get the free DOH booklet "Health Advisories: Chemicals in Sport Fish and Game" (see contact info at end of brochure).

DOH recommends that women of childbearing age and children under the age of 15 not eat any fish from specific waterbodies included in the advisory list (includes waters listed in Tables 1 and 3). This is because chemicals may have a greater effect on developing organs in young children or in the unborn child. Chemicals also can build up in women's bodies and are often passed on in mother's milk.

2009–2010 Fish Advisory Waters in the New York City Area, Rockland and Westchester Counties and Long Island



- | | | |
|-------------------------|----------------------|----------------------------------|
| 1 Breakneck Pond | 10 Newark Bay | 19 Smith Pond (Rockville Centre) |
| 2 Hudson River | 11 New York Harbor | 20 Loft's Pond |
| 3 Amawalk Reservoir | 12 Kill Van Kull | 21 Smith Pond (Roosevelt Park) |
| 4 Titicus Reservoir | 13 Arthur Kill | 22 Freeport Reservoir |
| 5 Cross River Reservoir | 14 Raritan Bay | 23 Upper Twin Pond |
| 6 Saw Mill River | 15 Ridders Pond | 24 Upper Massapequa Reservoir |
| 7 Sheldrake River | 16 Whitney Park Pond | 25 Lake Capri |
| 8 Harlem River | 17 Hall's Pond | 26 Spring Pond (Middle Island) |
| 9 East River | 18 Grant Park Pond | 27 Fresh Pond |

TABLE 1: Advisories for Hudson River South of Catskill, Upper Bay of New York Harbor Area and Western Raritan Bay

Women of childbearing age and children under the age of 15 should **EAT NO** fish of any species from the waters listed below. Other people should follow listed advice. Numbers in parentheses indicate waterbody location on map.

Waters	Eat none	Eat no more than one meal per month	Eat no more than one meal per week	Eat no more than 6 crabs per week
Hudson River – South of Catskill (2) (note: harvest/possession of Hudson River American eel for food is prohibited per NYSDEC Regulations.)	Channel catfish Gizzard shad White catfish Hepatopancreas (“the green stuff” also known as mustard, tomalley, liver) of lobster and crab and cooking liquid	Atlantic needlefish Bluefish Brown bullhead Carp Goldfish Largemouth bass Rainbow smelt Smallmouth bass Striped bass Walleye White perch	All other fish species not listed	Blue crab
Upper Bay of New York Harbor – North of Verrazano Narrows Bridge (11)	Gizzard shad White perch Hepatopancreas (“the green stuff” also known as mustard, tomalley, liver) of lobster and crab and cooking liquid	American eel Atlantic needlefish Bluefish Rainbow smelt Striped bass	All other fish species not listed	Blue crab
East River – to the Throgs Neck Bridge (9) and Harlem River (8)	American eel Gizzard shad Hepatopancreas (“the green stuff” also known as mustard, tomalley, liver) of lobster and crab and cooking liquid	Atlantic needlefish Bluefish Rainbow smelt Striped bass White perch	All other fish species not listed	Blue crab
Newark Bay (10), Arthur Kill (13) and Kill Van Kull (12)	American eel Gizzard shad Striped bass White perch Hepatopancreas (“the green stuff” also known as mustard, tomalley, liver) of lobster and crab and cooking liquid	Atlantic needlefish Bluefish Rainbow smelt	All other fish species not listed	Blue crab
Raritan Bay west of Wolfe’s Pond Park (14)	White perch Hepatopancreas (“the green stuff” also known as mustard, tomalley, liver) of lobster and crab and cooking liquid	Striped bass	All other fish species not listed	Blue crab

TABLE 2: Advisories for Lower Bay of New York Harbor, Raritan Bay East of Wolfe’s Pond Park, Jamaica Bay, Long Island Sound, Long Island South Shore Waters, Peconic and Gardiners Bays, and Block Island Sound

Population	Advice
<p>Women of childbearing age and children under the age of 15</p>	<p>Eat no weakfish greater than 25 inches. Eat no more than one meal per month of American eel, striped bass, bluefish greater than 20 inches, and smaller weakfish. Eat no more than one meal per week of smaller bluefish.</p>
<p>Women beyond childbearing age and adult males</p>	<p>Eat no more than one meal per month of weakfish greater than 25 inches. Eat no more than one meal per week of American eel, bluefish, striped bass and smaller weakfish.</p>
<p>Everyone</p>	<p>The hepatopancreas (“the green stuff” also known as mustard, tomalley, liver) found in the body section of crabs and lobsters should not be eaten because it has high contaminant levels. Because contaminants are transferred to cooking liquid, crab or lobster cooking liquid should also be discarded.</p>

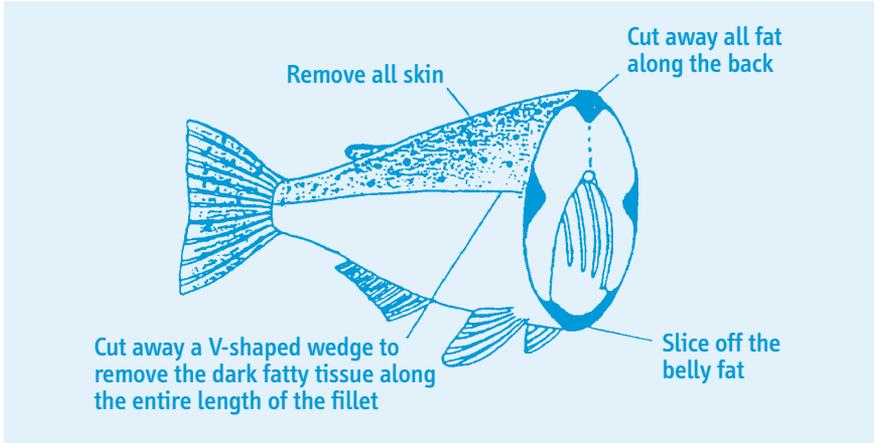
TABLE 3: Advisories for Fresh Waters of Rockland, Westchester, Nassau and Suffolk Counties

Women of childbearing age and children under the age of 15 should **EAT NO** fish of any species from the waters listed below. Other people should follow listed advice and eat no more than one half-pound meal per week of any fish not listed.

Amawalk Reservoir (3) (Westchester Co.)	Eat no more than one meal per month of largemouth and smallmouth bass over 16 inches.
Breakneck Pond (1) (Rockland Co.)	Eat no more than one meal per month of largemouth bass over 15 inches.
Cross River Reservoir (5) (Westchester Co.)	Eat no more than one meal per month of largemouth and smallmouth bass over 16 inches.
Freeport Reservoir (22) (Nassau Co.)	Eat no more than one meal per month of carp.
Fresh Pond (27) (in Hither Hills State Park, Suffolk County)	Eat no more than one meal per month of largemouth bass over 15 inches.
Grant Park Pond (18) (Nassau Co.)	Eat no more than one meal per month of carp.
Hall's Pond (17) (Nassau Co.)	Eat no carp or goldfish.
Lake Capri (25) (Suffolk Co.)	Eat no more than one meal per month of American eel and carp.
Loff's Pond (20) (Nassau Co.)	Eat no more than one meal per month of carp or goldfish.
Massapequa Reservoir (24) (Nassau Co.)	Eat no more than one meal per month of white perch.
Ridder's Pond (15) (Nassau Co.)	Eat no goldfish.
Saw Mill River (6) (Westchester Co.)	Eat no more than one meal per month of American eel.
Sheldrake River (7) (Westchester Co.)	Eat no American eel and eat no more than one meal per month of goldfish.
Smith Pond at Rockville Center (19) (Nassau Co.)	Eat no more than one meal per month of white perch.
Smith Pond at Roosevelt Park (21) (Nassau Co.)	Eat no American eel and eat no more than one meal per month of carp and goldfish.
Spring Pond (26) (in Middle Island, Suffolk Co.)	Eat no carp or goldfish.
Titicus Reservoir (4) (Westchester Co.)	Eat no more than one meal per month of white perch.
Upper Twin Pond (23) (Nassau Co.)	Eat no more than one meal per month of American eel.
Whitney Park Pond (16) (Nassau Co.)	Eat no more than one meal per month of carp or goldfish.

Cleaning and Cooking Your Fish

Many chemicals are found at higher levels in the fat of fish. You can reduce the amount of contaminants you eat by properly trimming, skinning and cooking your catch. Remove the skin and trim all the fat from the belly flap, the line along the sides, the fat along the back and under the skin (see diagram below). Broil, bake, poach or boil your fish so that the fat drips away. Do not use drippings to prepare sauces or gravies.



Contact and Additional Information

Call DOH toll-free at 1-800-458-1158, ext. 27815 for a free copy of the statewide advisory booklet or for additional information. The booklet is also available on the internet: www.nyhealth.gov/environmental/outdoors/fish/fish.htm or you can request the booklet or ask questions by e-mail: BTSA@health.state.ny.us



State of New York
Department of Health