



## State Fish Consumption Advisories Updated

The New Jersey Department of Environmental Protection and the Department of Health and Senior Services have updated the fish consumption advisories for 2009. The revised advisories are based primarily on data collected in freshwaters of the Raritan River watershed. A limited number of marine and estuarine waters were also sampled.

The updated advisories were prompted by the results of a DEP-commissioned study by the Academy of Natural Sciences. The 2009 fish consumption advisories include revisions to water body specific advisories as well as details on statewide and regional advice. The Academy of Natural Science report and all the updated advisories can be found online at [www.FishSmartEatSmartNJ.org](http://www.FishSmartEatSmartNJ.org).



In addition to balancing the health benefits and risk, these advisories will allow the public to better understand the recommendations and make informed choices about the fish they eat. The best way to reduce exposure to contaminants in fish is to learn what fish species are affected and to limit or avoid consumption of those species. However, if you choose to eat those species under advisories, there are steps you can take to reduce your exposure including removal of fatty tissue prior to cooking. Additional details can be found at the above Web site in the *2009 Fish Smart, Eat Smart - A Guide to Health Advisories for Eating Fish and Crabs Caught in New Jersey Waters*.