



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
250 Washington Street, Boston, MA 02108-4619

DEVAL L. PATRICK
GOVERNOR

TIMOTHY P. MURRAY
LIEUTENANT GOVERNOR

JUDYANN BIGBY, MD
SECRETARY

JOHN AUERBACH
COMMISSIONER

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**CONTACT: Jennifer Manley
617-624-5006**

**MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH REMINDS CONSUMERS
OF STATE'S FISH ADVISORIES**

BOSTON - In preparation for this summer's fishing season, the Massachusetts Department of Public Health (DPH) is reminding the public about eating certain types of fish because of concerns about contaminants in marine fish, shellfish and freshwater fish.

DPH advises pregnant women, women who may become pregnant, nursing mothers and children under 12 years of age not to eat the following marine fish because they contain mercury: shark, swordfish, king mackerel, tuna and tilefish. In addition, DPH also advises this population not to eat freshwater fish for the same reason.

Because of concerns about chemicals such as PCBs and mercury, DPH also recommends the following:

- No one should consume lobster tomalley from any source. Lobster tomalley is the soft green substance found in the tail and body section of the lobster. Lobster meat does not normally accumulate toxins, so it is safe to eat.
- Pregnant women, women who may become pregnant, and breastfeeding women should not eat bluefish.
- No one should take and eat lobsters and certain other fish/shellfish from the closed areas of New Bedford Harbor.
- Pregnant women, women who may become pregnant, nursing mothers and children under 12 years of age and people with lowered immunity should not eat lobster, flounder, soft shell clams or bivalves from Boston Harbor.

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- In addition, DPH recommends pregnant women, women who may become pregnant, nursing mothers and children under 12 years of age limit their consumption of any fish to no more than 12 ounces (or about two meals) per week. This includes eating no more than two cans of tuna per week. Very small children, including toddlers, should eat even less. Consumers may wish to eat light tuna rather than white or chunk white tuna because white tuna has higher levels of mercury.

Despite the fish consumption advisories, DPH recognizes the substantial benefits of fish consumption for everyone. Fish is one of the best sources of natural fatty acids that are helpful in reducing the risk of heart disease. Salmon, for example, has among the highest levels of natural fatty acids. Fish is also low in saturated fats and high in protein. A varied diet, including fish, will lead to improved nutrition and better health.

In order to avoid exposure to a harmful level of contaminants, people should choose a variety of fish and shellfish and obtain them from a variety of sources. These sources include commercial fish and recreationally caught marine fish and shellfish.

A full list of advisories specific to recreationally caught freshwater and marine species are listed on the DPH website: www.mass.gov/dph/fishadvisories.

Population	Type of Fish/Shellfish to Avoid
Everyone	From any location: Lobster Tomalley From closed areas of New Bedford Harbor: Lobsters Certain Fish and Shellfish
Pregnant Woman Woman Who May Become Pregnant Nursing Mothers	From Any Location: Bluefish Freshwater Fish Shark Swordfish King Mackerel Tuna Tilefish From Boston Harbor: Lobster Flounder Soft shell clams Bivalves

Children Under 12	From Any Location: Bluefish Freshwater Fish Shark Swordfish King Mackerel Tuna Tilefish From Boston Harbor: Lobster Flounder Soft shell clams Bivalves
People with Weakened Immune Systems	From Boston Harbor: Lobster Flounder Soft shell clams Bivalves

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