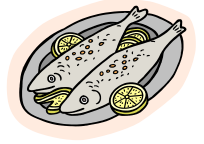


National Seafood Month!



Fish Can Be A Very Healthy Part Of Your Diet.

- **Good Source Of Protein**
- **Tuna (only 1x/month), Salmon, Mackarel, Herring, and Sardines Are High In Omega 3 Fatty Acids.**

Warning

Some Fish In The Hudson River Or Other Bodies Of Water Surrounding The Greater NY Area Contain Chemicals That May Be Harmful To Health.

- **Eat no American eel**
- **Eat no more than one meal per month of Atlantic needlefish, bluefish, striped bass and white perch.**

You can reduce your exposure to chemical contaminants by the way you prepare the fish. Many chemicals concentrate in the fatty parts of fish. By cleaning or cooking fish to reduce fat, you can also reduce the amount of contaminants you eat.

- **Remove the skin and trim all fat.**
- **Don't pan-fry or deep-fry. Broil, bake, poach or boil your fish so the fatty juices drip away.**
- **Don't consume cooking liquids.**