



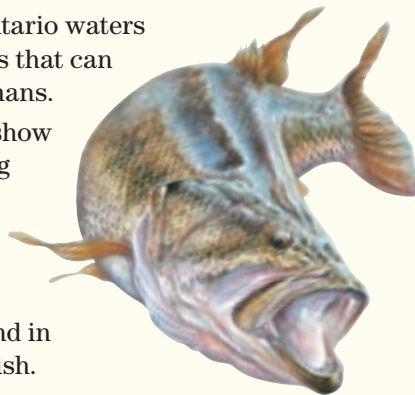
Contaminants in Sport Fish

Important information
for protecting your family

Fish can be an important part of a balanced diet. They are low in fat and a great source of high-quality protein and other nutrients.

But Did You Know?

- Some fish from Ontario waters have contaminants that can be harmful to humans.
- Scientific studies show that the developing fetus and young children are particularly sensitive to the contaminants found in some freshwater fish.
- Women of childbearing age and children under 15 should restrict their consumption of most sport fish caught in Ontario waters.
- Some freshwater fish should not be consumed at all.



Most jurisdictions in North America advise consumption restrictions on sport fish. The Ontario Government monitors contaminants in Ontario fish and provides consumption information to the public through the *Guide to Eating Ontario Sport Fish*.

Keep Yourself Informed and Protect Your Family!

If you consume sport fish you should consult the *Guide to Eating Ontario Sport Fish* for:

- Consumption advice on sport fish from 1,860 locations in Ontario;
- Advice specifically for women of child-bearing age and children under 15;
- Advice on the sizes and quantities of fish that can be safely eaten;
- Advice on how to select fish with the lowest contaminant levels;
- Advice on how to prepare fish to reduce contaminants;
- Information on the different contaminants that are found in Ontario fish.

Store-bought Fish

Most but not all fish purchased from retailers are low in contaminants. Contact Health Canada for specific advice on shark, swordfish and tuna. If you regularly consume store-bought fish and intend to eat sport fish, you should check the *Guide to Eating Ontario Sport Fish* for specific advice. If in doubt, contact your doctor, or the agencies listed below.

To obtain your free copy of the *Guide to Eating Ontario Sport Fish*

- Access the Guide on the Internet at www.ontario.ca/fishguide, or
- Fill in the online order form to request a paper copy, or
- Contact:

Sport Fish Contaminant
Monitoring Program
Ministry of the Environment
125 Resources Road
Etobicoke, ON M9P 3V6
Tel.: 416-327-6816 or 1-800-820-2716
E-mail: sportfish.moe@ontario.ca
Website: www.ontario.ca/fishguide

Health Canada
Tel.: 613-957-2991
Website: www.hc-sc.gc.ca

Canadian Food Inspection Agency
Tel.: 905-795-9666

