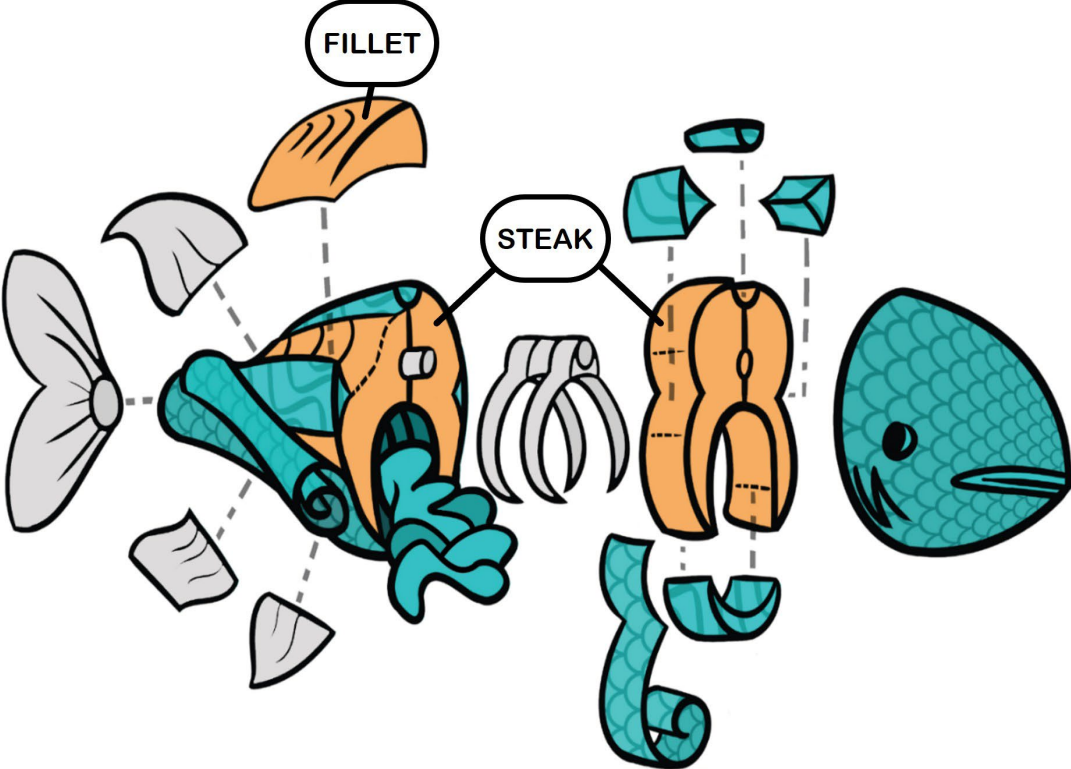





EATING FISH IS HEALTHY  
WHEN YOU EAT THE RIGHT PARTS!



 <b>THROW AWAY</b> These parts generally have higher levels of chemical contamination.	 <b>EAT</b> These parts generally have lower levels of chemical contamination.	 <b>AVOID EATING</b> Limited research has evaluated the amount of chemical contamination of these parts.
ORGANS    SKIN HEAD      FAT	FILLET FISH STEAK	BONES    TAIL FINS

Choose fish wisely by checking local fish advisories for information on which fish are safe to eat, how often to eat them, and the amount to eat.

[insert website to more information here]

[insert  
QR code  
here]