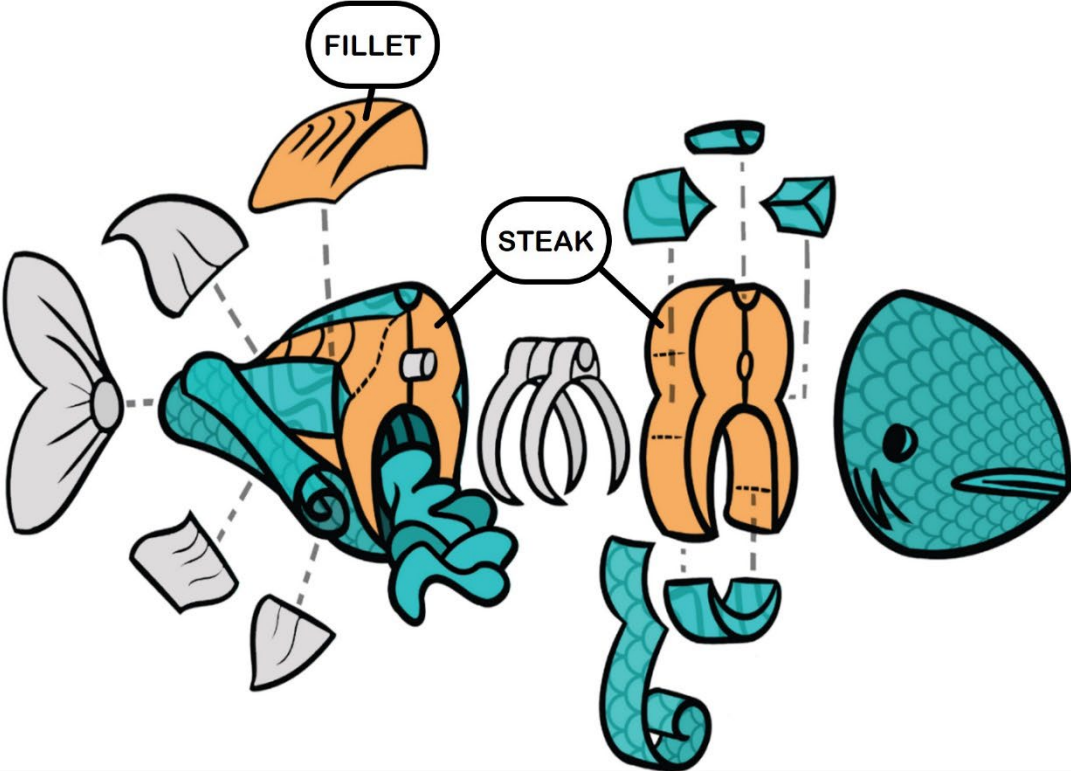





EATING FISH IS HEALTHY WHEN YOU EAT THE RIGHT PARTS!



 THROW AWAY Generally, studies have found that these parts have higher amounts of chemical contamination.	 EAT Generally, studies have found that these parts have lower amounts of chemical contamination.	 AVOID EATING Few studies have evaluated the amount of chemical contamination in 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]