

Long Island

Catch the Latest Advice

health.ny.gov/fish

MAPS
INSIDE



Health Advice on Eating Fish You Catch

New York City



Why We Have Advisories

Fishing is fun, and fish are an important part of a healthy diet. Fish contain high-quality protein, essential nutrients, healthy fish oils, and are low in saturated fat. However, some fish contain chemicals at levels that may be harmful to health. To help people make healthier choices about which fish they eat, the New York State Department of Health issues advice about eating sportfish (fish you catch). The health advice about which fish to eat depends on:

Where You Fish (see maps inside)



Fish from waters that are close to human activities and contamination sources are more likely to be contaminated than fish from remote marine waters. **In the New York City/Long Island (NYC/LI) area, fish from the Long Island Sound or the ocean are less contaminated.**

Who You Are



People who can bear children (under 50) and children under 15 (the sensitive population) are advised to limit the kinds of fish they eat and how often they eat them. People who eat highly contaminated fish and become pregnant may have an increased risk of having children who are slower to develop and learn. Chemicals may have a greater effect on the development of young children or unborn babies. Also, some chemicals may be passed on in mother's milk.

People beyond their childbearing years and those who do not bear children (the general population) may face fewer health risks from some chemicals. For that reason, the advice for the general population allows them to eat more kinds of sportfish and more often (see tables, pages 3-12).

What You Catch



There is specific advice about limiting or not eating certain kinds of fish in the NYC/LI area (see tables, pages 3-12).

Some species (kinds of fish) have higher levels of chemicals than others. In general, smaller fish are less contaminated than larger, older fish of the same species.

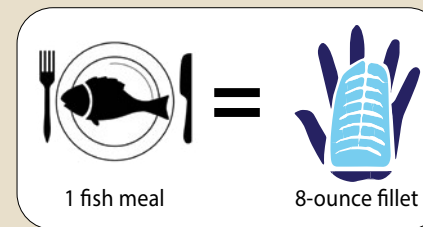


Health Risks

The primary chemicals of concern in New York City waters and Long Island marine waters are PCBs, PFAS, dioxin, and cadmium. In Long Island freshwaters the primary chemicals are chlordane and PFAS. These chemicals build up in your body over time. Health problems that may result from chemicals in fish range from small changes in health that are hard to detect to birth defects and cancer. Visit www.health.ny.gov/fish/additional_information.htm for more information.




Tips for Healthier Eating

- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for the sensitive population.
- Bacteria, viruses, or parasites can be in or on fish. Keep harvested fish cold. Wear gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.
- Do not eat the tomalley ("green stuff," mustard, liver, or hepatopancreas) found in the body section of crabs and lobsters, and discard cooking liquid. Tomalley can contain high levels of chemicals, including PCBs, dioxin, and cadmium.



See more tips for healthier eating on page 13.

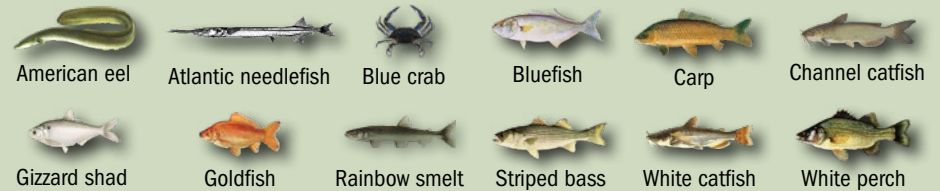
NYC UPPER Bay, Rivers and Kills

Waterbody	 Fish	 General Population	 Sensitive Population
	American eel	DON'T EAT	DON'T EAT
	Atlantic needlefish	Up to 1 meal/month	DON'T EAT
	Blue crabs	Up to 6 crabs/week DON'T EAT tomalley	DON'T EAT
	Bluefish	Up to 1 meal/month	DON'T EAT
	Carp	Up to 1 meal/month	DON'T EAT
Arthur Kill	Channel catfish	DON'T EAT	DON'T EAT
Bronx River	Gizzard shad	DON'T EAT	DON'T EAT
East River	Goldfish	Up to 1 meal/month	DON'T EAT
Gowanus Canal	Rainbow smelt	Up to 1 meal/month	DON'T EAT
Harlem River	Striped bass	DON'T EAT: Newark Bay, Arthur Kill, Kill Van Kull	DON'T EAT
Hudson River south of Tappan Zee Bridge		Up to 1 meal/month: from other waters listed to the left	
Kill Van Kull	White catfish	DON'T EAT	DON'T EAT
Newark Bay	White perch	DON'T EAT: Newark Bay, Arthur Kill, Kill Van Kull, Upper New York Bay, Western Raritan Bay	DON'T EAT
Newtown Creek		Up to 1 meal/month: from other waters listed to the left	
Raritan Bay west of Wolfe's Pond Park	Crab or lobster tomalley	DON'T EAT	DON'T EAT
Upper New York Bay	Other fish not listed	Up to 4 meals/month	DON'T EAT

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

Please note that all fresh water bodies in New York City parks are catch and release only and are not regularly monitored for contaminants. For more information visit:

<http://www.eregulations.com/newyork/fishing/special-regulations-waters-new-york-city/>



What about tributaries and connected waters?

The health advice also applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream. This is because chemicals remain in fish when they move from one waterbody to another. If you are not sure about possible fish barriers near waters where you are fishing, call your DEC office listed on the back of this booklet.

NYC LOWER Bay, Ocean and Sound

Waterbody	Fish	General Population	Sensitive Population
Atlantic Ocean Jamaica Bay (excluding Paerdegat Basin) Long Island Sound Lower New York Bay Raritan Bay east of Wolfe's Pond Park	American eel	Up to 4 meals/month	Up to 1 meal/month
	Bluefish	Up to 4 meals/month	Up to 1 meal/month
	Striped bass	Up to 4 meals/month	Up to 1 meal/month
	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month
	Crab or lobster tomalley	DON'T EAT	DON'T EAT
Other fish not listed		Follow the FDA guidelines: www.fda.gov/fishadvice	
Paerdegat Basin (and 200 yards from its mouth) in Jamaica Bay*	All fish, All crabs	DON'T EAT	DON'T EAT



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* The advice for Paerdegat Basin was issued in response to a spill that led to discharges of PCB containing material in the Basin. An environmental investigation is underway to determine if there is residual contamination in the Basin. Please check www.health.ny.gov/fish to see whether this advice is still in effect.

Please note that all fresh water bodies in New York City parks are catch and release only and are not regularly monitored for contaminants. For more information visit: <http://www.eregulations.com/newyork/fishing/special-regulations-waters-new-york-city/>

The public is also reminded that all New York City waters are closed to shellfishing (harvest of clams, mussels, oysters, or scallops). For information about shellfishing in Long Island waters, visit www.dec.ny.gov/outdoor/345.html.

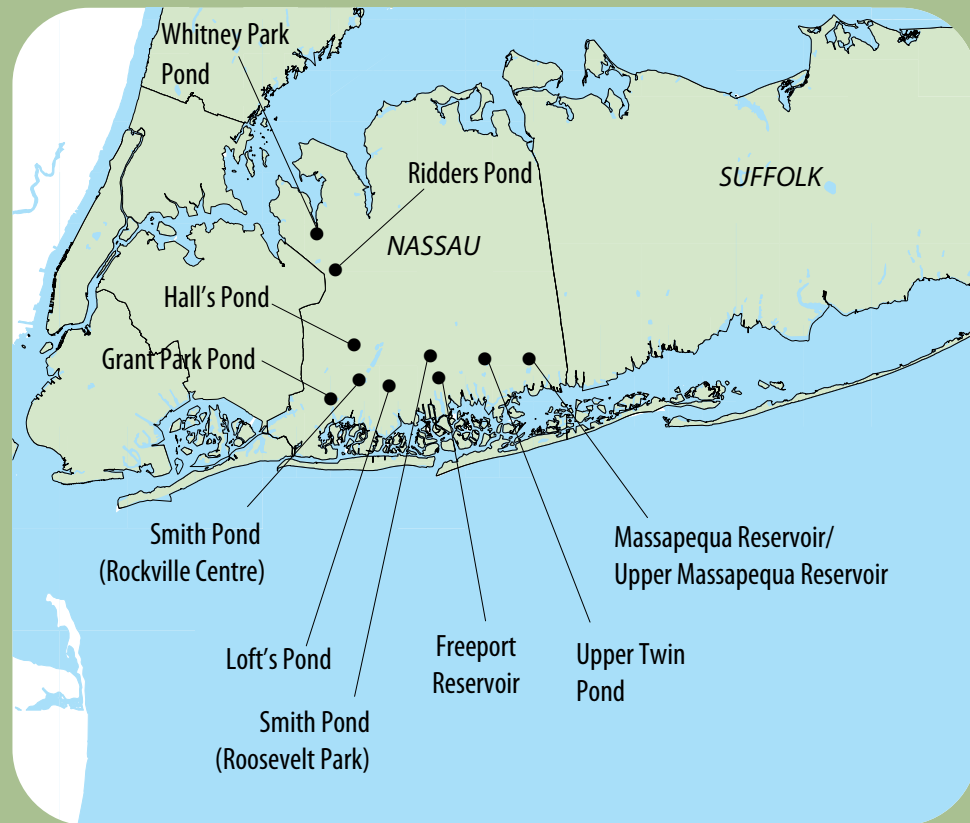
Visit www.health.ny.gov/fish for the latest fish advisory information.

Common Fish in NYS Marine Waters



Long Island Fresh Waters - Nassau County

Waterbody	Fish	General Population	Sensitive Population
All freshwaters NOT listed below	All fish	Up to 4 meal/month	Up to 4 meal/month
Freeport Reservoir	Carp	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Grant Park Pond	Carp	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Hall's Pond	Carp, Goldfish	DON'T EAT	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Lofts Pond	Carp, Goldfish	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Massapequa Reservoir, upstream of Long Island Railroad	Carp, White perch	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Ridders Pond	Goldfish	DON'T EAT	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Smith Pond, Rockville Centre	White perch	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Smith Pond, Roosevelt Park	Carp, Goldfish	Up to 1 meal/month	DON'T EAT
	American eel	DON'T EAT	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Upper Twin Pond	American eel, Carp	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Whitney Park Pond	Carp, Goldfish	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT



See images of additional freshwater fish species on pages 9-10.

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Check the DEC website for regulations and special restrictions for certain species: www.dec.ny.gov/outdoor/fishing.html.

Visit www.health.ny.gov/fish for the latest fish advisory information.

7 The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

Long Island Fresh Waters - Suffolk County

Waterbody	Fish	General Population	Sensitive Population
All freshwaters NOT listed below	All fish	Up to 4 meal/month	Up to 4 meal/month
Big Reed Pond	Largemouth bass	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Carmans River, upstream of Southaven Park Dam	American eel	Up to 1 meal/month	DON'T EAT
	Brown Bullhead ¹	Up to 4 meal/month	Up to 4 meal/month
	All other fish	Up to 4 meal/month	Up to 1 meal/month
Fresh Ponds, Hither Hills State Park	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Lake Capri	American eel, Carp	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT
Peconic Lake and Peconic River, between Edwards Avenue Dam and Peconic Lake Dam	Yellow perch	Up to 1 meal/month	DON'T EAT
	All other fish	Up to 4 meals/month	Up to 4 meals/month
Spring Lake, Middle Island	Carp, Goldfish	DON'T EAT	DON'T EAT
	All other fish	Up to 4 meal/month	DON'T EAT

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¹ This fish is a good choice for the whole family. See www.health.ny.gov/fish/background.htm for more information about how advisories are set.



American eel



Black crappie



Bluegill



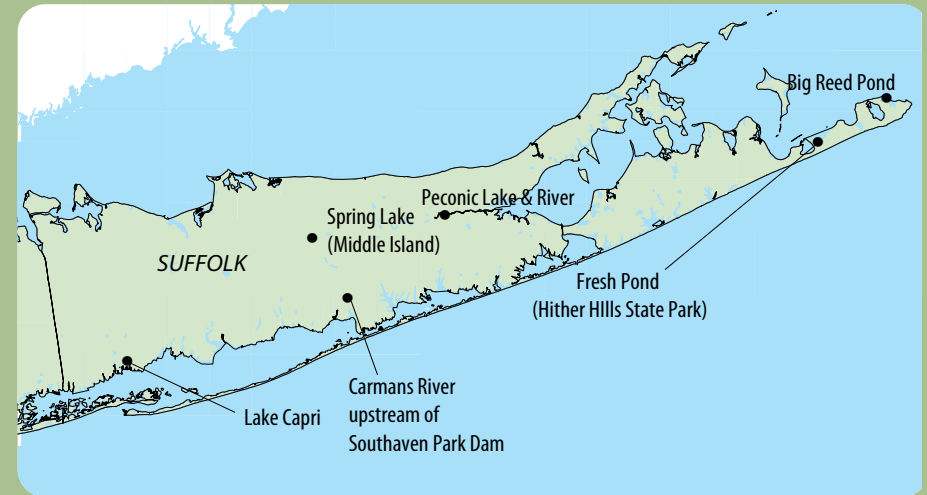
Brown bullhead



Brown trout



Carp



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Check the DEC website for regulations and special restrictions for certain species: www.dec.ny.gov/outdoor/fishing.html.



Chain pickerel



Goldfish



Largemouth bass



Pumpkinseed/
Sunfish



Smallmouth bass



Rainbow trout



Walleye



White perch



Yellow perch

Visit www.health.ny.gov/fish for the latest fish advisory information.

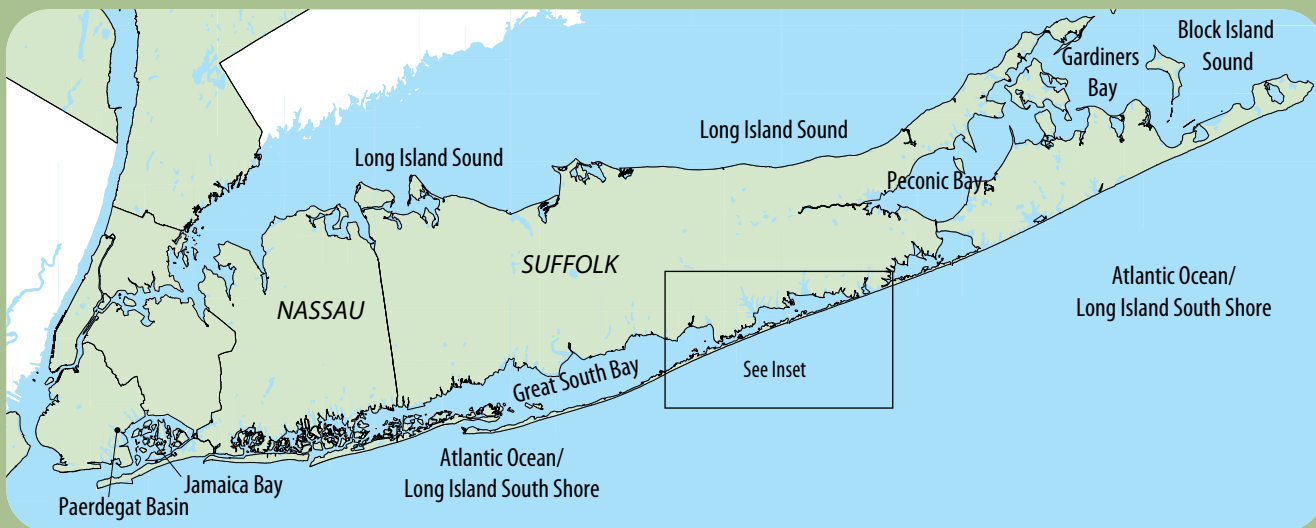
Long Island Marine Waters

Waterbody	Fish	General Population	Sensitive Population
Atlantic Ocean Block Island Sound Gardiners Bay Jamaica Bay (excluding Paerdegat Basin) Long Island Sound Long Island South Shore (excluding tidal portions of Carmans River, Forge River, and Quantuck Creek) Peconic Bay	American eel	Up to 4 meals/month	Up to 1 meal/month
	Bluefish	Up to 4 meals/month	Up to 1 meal/month
	Striped bass	Up to 4 meals/month	Up to 1 meal/month
	Weakfish	Greater than 25", up to 1 meal/month; Less than 25" up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month
	Crab or lobster tomalley and cooking liquid	DON'T EAT	DON'T EAT
All other fish and crab meat	Follow FDA guidelines: www.fda.gov/fishadvice		
Paerdegat Basin (and 200 yards from its mouth) in Jamaica Bay*	All fish, All crabs	DON'T EAT	DON'T EAT

Waterbody	Fish	General Population	Sensitive Population
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road (see page 9 for Carmans River freshwater advice)	American eel	Up to 1 meal/month	DON'T EAT
	Bluefish and Striped bass	Up to 4 meals/month	Up to 1 meal/month
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month
	Crab or lobster tomalley and cooking liquid	DON'T EAT	DON'T EAT
Forge River, tidal portion from Montauk Highway Dam to Masury Point	All other fish and crab meat	Follow FDA guidelines: www.fda.gov/fishadvice	Up to 1 meal/month

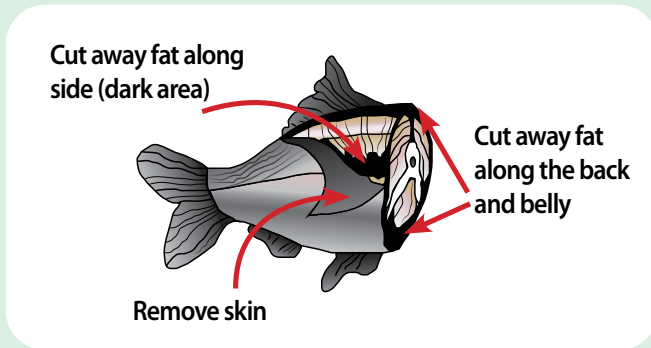
The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

* The advice for Paerdegat Basin was issued in response to a spill that led to discharges of PCB containing material in the Basin. An environmental investigation is underway to determine if there is residual contamination in the Basin. Please check www.health.ny.gov/fish to see whether this advice is still in effect.



Tips to Reduce PCBs, Chlordane, Dieldrin, and Dioxin

- PCBs, chlordane, dieldrin, and dioxin are found at higher levels in the fat of fish. Reduce fat by properly trimming, skinning, and cooking your catch:

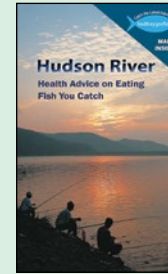


- Cooking or soaking fish cannot eliminate the chemicals, but heat from cooking melts some of the fat. Broil, grill, or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings in sauces or gravies.
- To reduce exposures to PCBs, chlordane, dieldrin, and dioxin, avoid or eat less American eel, bluefish, carp, striped bass, white and channel catfish, and white perch because these fish tend to have higher levels of these contaminants.

Tips to Avoid Mercury

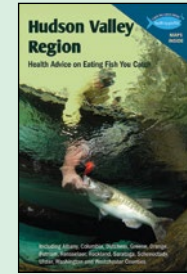
- The main way to reduce how much mercury you get from fish is to avoid certain species or eat smaller fish within a species.
- To reduce exposures to mercury from freshwater fish, avoid or eat less largemouth and smallmouth bass, northern pike, pickerel, walleye, and larger yellow perch (for example, longer than 10 inches) because these fish tend to have higher mercury levels.
- To reduce exposures to mercury from marine fish, follow the guidelines for supermarket fish available at www.fda.gov/fishadvice for striped bass, bluefish, black sea bass, rockfish, and weakfish.
- Mercury is distributed throughout a fish's muscle tissue (the part you eat), rather than in the fat and skin. Trimming and skinning will not reduce the amount of mercury in a fish meal.

Other Free Publications Available:



Hudson River Advice

Advice from Hudson Falls to New York City Battery



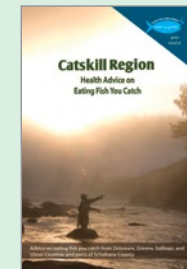
Hudson Valley Advice

Advice for Albany, Columbia, Dutchess, Greene, Orange, Putnam, Rensselaer, Rockland, Saratoga, Schenectady, Ulster, Washington, and Westchester counties



Adirondack Region Advice

Advice for Clinton, Essex, Franklin, Fulton, Hamilton, Herkimer, Lewis, Saratoga, St. Lawrence, Warren, and Washington counties



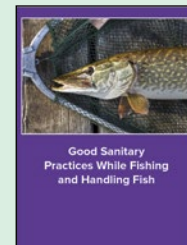
Catskill Region Advice

Advice for Delaware, Greene, Sullivan and Ulster counties



New York State Blue Crab Cooking and Eating Guide

Blue crab advice for the Hudson River, New York City and Long Island

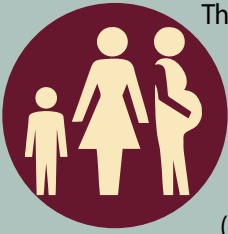


Good Sanitary Practices While Fishing and Handling Fish

Information about fishing and cooking fish caught in waters with microorganism concerns

View and order publications online: www.health.ny.gov/fish/publications.htm

Fish from Stores and Restaurants



The US Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, the FDA and the US Environmental Protection Agency (EPA) advise pregnant people, people who may become pregnant, nursing mothers and young children to avoid eating shark, swordfish, king mackerel, tuna (bigeye), marlin, orange roughy, and tilefish.

Visit www.fda.gov/fishadvice or www.epa.gov/fishadvice for more information.

More Information

New York State Fish Advisories

Department of Health
www.health.ny.gov/fish
(518) 402-7800
(800) 458-1158
BTSA@health.ny.gov

New York State Fishing

Department of Environmental
Conservation (DEC)
www.dec.ny.gov/outdoor/fishing.html

DEC Region 1 - Long Island
(Nassau and Suffolk counties)
(631) 444-0280
fwfish1@dec.ny.gov

DEC Region 2 - New York City
(Brooklyn, Bronx, Manhattan, Queens, and
Staten Island)
(718) 482-4922
fwfish2@dec.ny.gov

Fishing Marine Waters

DEC Bureau of Marine Resources
(631) 444-0430
FW.Marine@dec.ny.gov

I FISH NY NYC and LI Freshwater
Fishing Guide:
[www.dec.ny.gov/docs/fish_marine_pdf/
ifnyliandnycfishing.pdf](http://www.dec.ny.gov/docs/fish_marine_pdf/ifnyliandnycfishing.pdf)