



GLYNN COUNTY SEAFOOD CONSUMPTION GUIDELINES

People can enjoy healthy local seafood by being aware of potential health risks and by managing their daily dietary practices. The Georgia Department of Natural Resources (DNR) produces annual recommendations on how often to consume certain seafood caught from specific areas of Glynn County. Depending on the area, some species have no restrictions and others should only be eaten once a month or once a week. Some species should not be eaten.

According to the DNR, people can maintain a healthy fish diet and reduce their risk of exposure to heavy metal (mercury) and poly-chlorinated biphenyls (PCBs) by 25-50% if they:

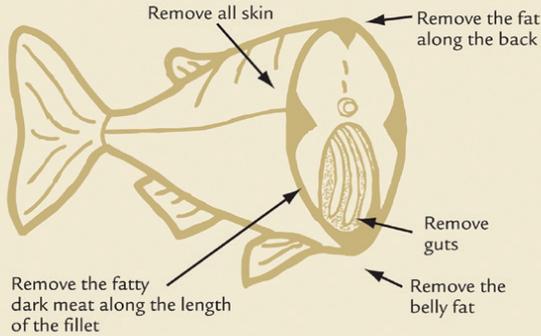
- **Eat smaller, younger fish.**
(they have lower levels of contaminants)
- **Eat a variety of fish species.**
- **Eat different kinds of fish for a varied diet.**
- **Eat smaller portions of big fish.**
- **Clean and cook fish properly.**
- **Remove the skin and the guts.**
- **Clean off fatty areas.**
(belly, side, back)
- **Cook fish so the fat drips away.**
(broil, bake, or grill)

Women who are pregnant or nursing and children under the age of seven are most vulnerable to environmental contaminants because they experience higher rates of growth and development. The state guidelines take a conservative approach and are based on what is considered safe for pregnant women and children. Remember risks of exposure to environmental contaminants will vary greatly from person to person! Just as these contaminants can accumulate over time in fish, they can be stored in people who eat these fish that eat smaller fish or organisms living off the sediments.



FISH CLEANING

TO REDUCE RISK



Removing skin and fatty areas reduces some contaminants by 25 to 50% but

COOKING METHODS

TO REDUCE RISK

GOOD

Broiling
Baking
Grilling

OKAY

Deep-fat frying
(do not reuse oil)

POOR

Pan frying

FOUR CORE FOOD SAFETY PRACTICES FOR PREPARATION:

CLEAN

SEPARATE

COOK

CHILL



Marine Extension and
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