10 Cooking Tips to Eat Fish Safely

Follow these steps to make safer choices when eating fish!

- **Cut off** all visible fat.

- **Do not eat** the head, skin, bones, guts, or dark fatty areas.

- **Poke holes** in the fish before cooking to help drain fat.

- Bake, broil, or grill the fish on a rack so the **juices drip down**. Then, **throw the juices away**.

- **Do not reuse oil** that was used to deep-fry or pan-fry fish.

- **Eat the fillet.** This is the safest part of the fish to eat.

- Eat **one serving** of fish 1–2 times per week. This is the **size of an adult's palm**.

- Eat fish from **different places**. Choose different brands when you shop at the grocery store and eat fish from different rivers and lakes.

- **Eat smaller and younger fish**, in line with DNR regulations. Bigger, older fish have had more time to collect contaminants in their bodies.

- Use the DNR Choose Wisely guide (scan code on back) to choose fish that are lower in **Mercury and PFAS**. These contaminants **cannot be cut out or cooked away**.

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