



Eating Fish in Brevard County

Elizabeth C. Shephard

There are many benefits to eating fish as a healthy part of a diet. The most common benefit is the omega -3 fatty acids; specifically EPA and DHA. Benefits include a reduced risk for heart disease and for those already at-risk a possibility of reducing the risk for coronary heart disease. There may be additional benefits to infants of women who consume seafood during pregnancy such as improved cognitive and other developmental outcomes.

There are some risks due to microbial contaminants, persistent organic pollutants, and especially contaminants like methyl mercury in oceans and inland water. This is why it is important to know your fish and where they come from.

To aid in determining the risks versus the benefits the graph (figure 1) shows the benefits versus the problems. In addition, recommendations for how often specific groups should consume foods is included.

Women who are or may become pregnant or who are breast-feeding may benefit from eating seafood, especially those that have high concentrations of EPA/DHA. Recommendations include two 3-ounce servings a week, but can safely consume up to 12 ounces per week. With the exception of predatory fish and white tuna.

Children ages 12 and under are given the same guidance as pregnant women, except serving sizes should be age-appropriate.

Adolescent and adult males and women who will not become pregnant may eat two- 3- ounce servings per week. If consuming more than two servings, choose a variety of seafood to reduce risks for exposure to contaminants from a single source.

Balancing Benefits and Risks associated with Selecting Types of Seafood

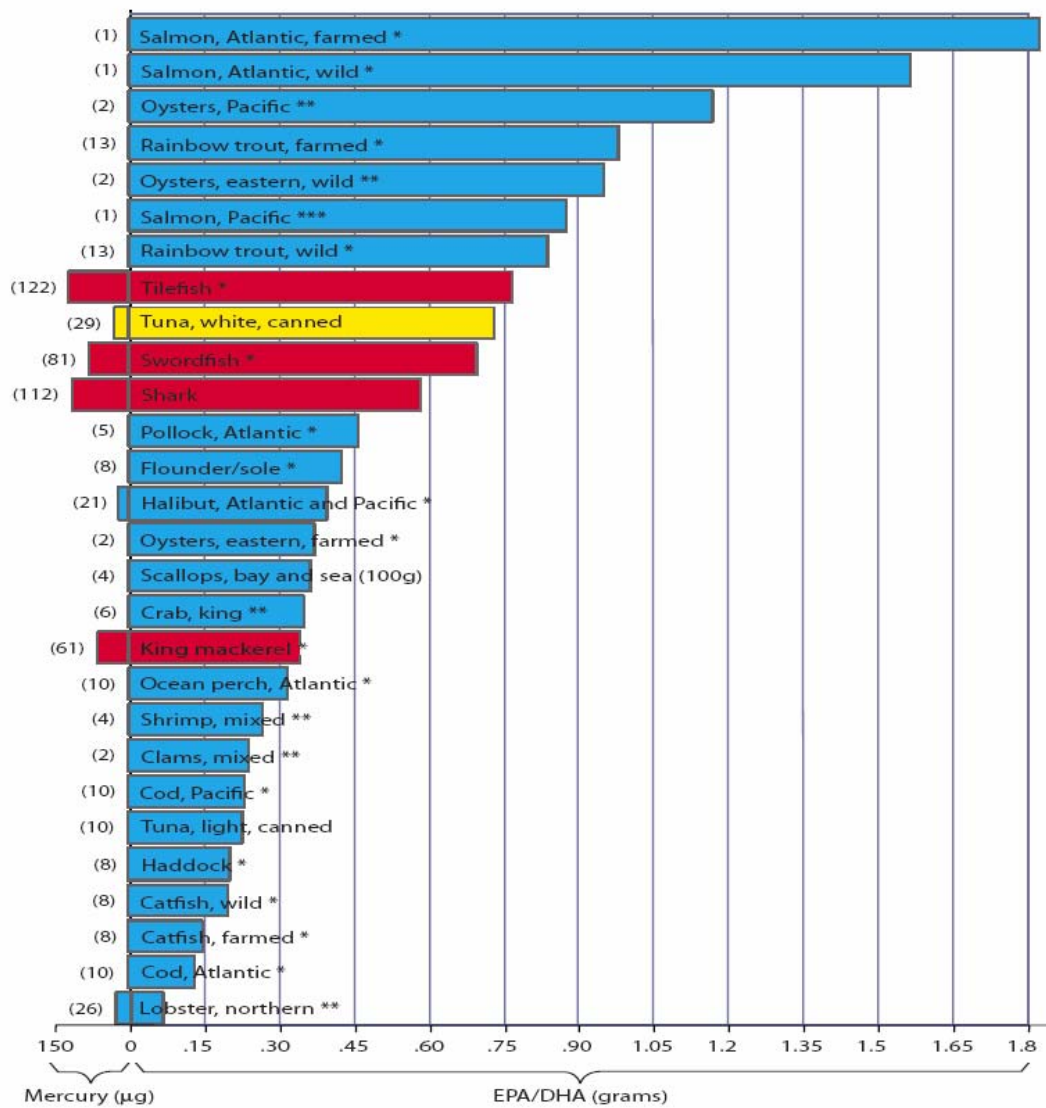


Figure 1. From the Institute of Medicine

Example of estimated EPA/DHA (mg) intake and methylmercury (µg) intake exposure from one 3-ounce portion of seafood.

NOTE: The scales used in this figure for EPA/DHA and methylmercury content are arbitrary. Designers will need to carefully test the effect of the scales used for the pars on the message received by consumers.

*Cooked, dry heat

** Cooked, moist heat

***The EPA and DHA content in Pacific salmon is a composite from chum, coho, and sockeye

Fish specifically for Brevard County –These are the fresh water recommendations.

Location	Species	Women of Childbearing age, young children Number of Meals	All other individual s Number of Meals
Buck Lake	Redear sunfish	One per Week	Two per Week
	Bluegill, Bowfin	One per Month	One per Week
	Largemouth bass, Gar	DO NOT EAT	One per Month
Kenansville Lake	Largemouth bass, Bowfin, Gar	Two per Week	Two per Week
Lake Hellen Blazes	White catfish	Two per week	Two per week
	Black crappie, Redear sunfish	One per week	Two per week
	Bluegill	One per month	Two per week
	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Poinsett	White catfish	Two per week	Two per week
	Black crappie, Redear sunfish	One per week	Two per week
	Bluegill	One per month	One per week
	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Washington	White catfish	Two per week	Two per week
	Black crappie, Redear sunfish	One per week	Two per week
	Bluegill	One per month	Two per week
	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Winder	White catfish	Two per week	Two per week
	Black crappie, Redear sunfish	One per week	Two per week
	Bluegill	One per month	Two per week
	Largemouth bass, Bowfin, Gar	One per month	One per week

- For Brevard County, individuals can eat one meal per week of Largemouth bass, Bowfin and Gar caught from other Fresh water areas not listed.
- For a list of Fish for Florida – Use the Florida Department of Health brochure “Your Guide to Eating Fish Caught in Florida”

Marine and Esturine Fish

Species	Women of childbearing age, young children Number of Meals	All other individuals Number of Meals
Almaco jack	One per month	One per month
Atlantic croaker	Two per week	Two per week
Atlantic spadefish	One per week	One per week
Atlantic stingray	One per month	One per week
Atlantic thread herring	One per week	Two per week
Atlantic weakfish	One per week	Two per week
Black drum	One per week	Two per week
Black grouper	One per month	One per week
Blackfin tuna	DO NOT EAT	One per month
Bluefish	One per month	One per week
Bluntnose sting ray	One per week	Two per week
Bone fish	One per month	One per week
Creville jack	One per month	One per week
Cobia	DO NOT EAT	One per month
Dolphin	One per week	Two per week
Fantail mullet	Two per week	Two per week
Florida pompano	One per week	Two per week
Gafftopsail catfish	One per month	One per week
Gag	One per month	One per week
Gray snapper	One per week	Two per week
Greater amberjack	One per month	One per week
Great barracuda	One per month	Two per week
Gulf flounder	One per month	One per week
Hardhead catfish	One per week	Two per week
Hogfish	One per week	Two per week
King mackerel less than 31 inches fork length	DO NOT EAT	One per month
King mackerel 31 or more inches fork length	DO NOT EAT	DO NOT EAT
Ladyfish	One per month	One per week
Lane snapper	One per month	Two per week
Little tunny		One per month
Lookdown	One per week	Two per week
Mutton snapper	One per month	One per week
Pigfish	One per week	Two per week

Species	Women of childbearing age, young children Number of Meals	All other individuals Number of Meals
Pinfish	One per month	One per week
Red drum	One per month	Two per week
Red grouper	One per month	One per week
Red snapper	One per week	Two per week
Sand seatrout	One per month	One per week
Scamp	One per month	One per week
Shark, all species less than 43 inches	DO NOT EAT	One per month
Shark, all species 43 inches or more	DO NOT EAT	DO NOT EAT
Sheepshead	One per month	Two per week
Silver perch	One per month	One per week
Skipjack tuna	One per month	Two per week
Snook	One per month	One per week
Snowy grouper	One per month	One per month
Southern flounder	One per week	Two per week
Spanish mackerel	One per month	One per week
Spot	One per week	Two per week
Spotted seatrout	One per month	One per week
Southern kingfish	One per month	Two per week
Striped mullet	Two per week	Two per week
Striped mojarra	Two per week	Two per week
Tarpon	One per week	Two per week
Tripletail	One per month	Two per week
Vermillion snapper	One per week	Two per week
Wahoo	One per month	One per week
White grunt	One per month	One per week
White gullet	Two per week	Two per week
Yellow-edge grouper	One per month	Two per week
Yellowfin tuna	One per month	Two per week
Yellowtail snapper	One per week	Two per week

DO NOT EAT – ALL PUFFER FISH

**Information from the Institute of Medicine and Florida Department of Public Health*