
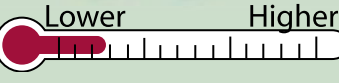

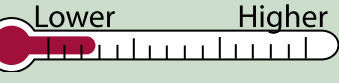

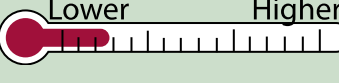

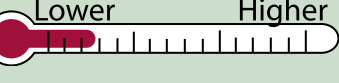

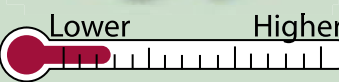

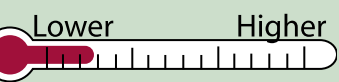

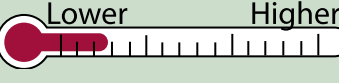



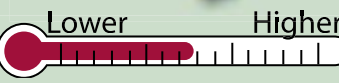















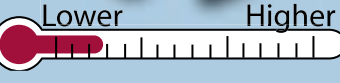











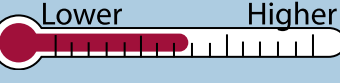
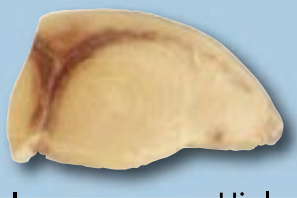


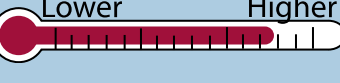
Eat fish low in

# MERCURY

## Fish you catch . . .

<p><b>Landlocked Salmon</b></p>  	<p><b>Brook Trout</b></p>  
<p><b>Rainbow Trout</b></p>  	<p><b>Brown Trout</b> <i>Brown Trout have HIGH mercury levels in Deerfield Chain Waters</i></p>  
<p><b>Pumpkinseed</b></p>  	<p><b>Rainbow Smelt</b></p>  
<p><b>Brown Bullhead</b></p>  	<p><b>Lake Trout</b> <i>Lake Trout have HIGH mercury levels in Lake Champlain</i></p>  
<p><b>Yellow Perch</b></p>  	<p><b>Largemouth Bass</b></p>  
<p><b>Smallmouth Bass</b></p>  	<p><b>Northern Pike</b></p>  
<p><b>Chain Pickerel</b></p>  	<p><b>Walleye</b></p>  

## Fish you buy . . .

<p><b>Atlantic Salmon</b></p>  	<p><b>Shellfish</b></p>  
<p><b>Flatfish &amp; Flounder</b></p>  	<p><b>Hake, Haddock, Pollock &amp; Cod</b></p>  
<p><b>Canned "Light" Tuna</b></p>  	<p><b>Canned "White" Tuna</b></p>  
<p><b>Tuna</b></p>  	<p><b>Halibut</b></p>  
<p><b>Swordfish</b></p>  	<p><b>Shark</b></p>  

Fish is good for you . . .  
eat fish low in mercury!

Mercury in fish can harm your family. Pregnant and nursing women and children age 6 and younger should not eat fish containing high levels of mercury. Even small amounts can damage a developing brain. Want more information? Call us toll-free at 800-439-8550 or visit our Web site at [www.mercvt.org](http://www.mercvt.org).

