Scientists from the Penobscot Nation Department of Natural Resources have analyzed fish from tribal waters for contamination and recommend that you can:

**EITHER**

Eat up to 10-ounces of brook trout and landlocked salmon from Penobscot Nation waters per week. This could be one 10-ounce serving, two 5-ounce servings, or three 3-ounce servings.

**OR**

Eat up to 10 ounces of other freshwater fish species from Penobscot Nation waters up to once per month.

Some other wild foods, such as turtle and store-bought fish, also have contaminants. Be sure your total diet takes this into account. See the other Wild Foods Safety Series brochures for more information and guidance.

**DON'T**

Don't eat any freshwater fish caught in the state of Maine if you are a woman who is nursing, pregnant, or planning to become pregnant.

Fish absorb chemical pollutants into their bodies, which gets into your body when you eat fish. **Dioxins, furans, and PCBs** can cause cancer, reproductive and developmental problems, hormonal problems, and can damage the immune system.

Don't feed freshwater fish caught in the state of Maine to children 8 years of age or younger.

**WHY**

**Mercury** damages the brains of unborn and young children. This causes learning disabilities and behavioral problems. In older children and adults, mercury poisoning causes vision problems.