

Fishing in Darwin creeks

HOW MUCH WILD CAUGHT FISH CAN YOU FREQUENTLY EAT?

Fish can contain PFAS and other chemicals and metals which may be harmful to your health if eaten in large amounts

SERVING SIZES

You need to be careful about how much fish you eat

FOR ADULTS & CHILDREN OVER 6 YEARS

Crabs and prawns

2-4 serves per week

Fish fillets, Longbum, Whelk or Periwinkle

2 serves per week

Freshwater Redclaw.
Crab guts (25g per serve).
Fish liver (1 x 5g piece)

1 serve per week

Fish caught in fresh water

AVOID

Adults and children over 6 years
Fish fillet 1 Serve = Hand Sized **150gms**

Adults and children over 6 years
Crustacean 1 Serve = **100gms**

YOUNG CHILDREN (UNDER 6 YEARS)

Crabs and prawns

2 serves per week

Fish fillets, Longbum, Whelk or Periwinkle

1 serve per week

Freshwater Redclaw.
Crab guts (25g per serve)

1 serve per month

Fish caught in fresh water.
Fish liver

AVOID

Young children (under 6 years)
Fish fillet 1 Serve = Hand Sized **75gms**

Young children (under 6 years)
Crustacean 1 Serve = **50gms**

AVOID EATING FISH CAUGHT IN SOME PLACES



CLEAN FISH BEFORE EATING

Reduce contaminants by cleaning (gutting) fish before eating. Fish liver has more contaminants than other parts and should be avoided.

