How much wild caught fish can you frequently 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

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

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.