**DEPARTMENT OF HEALTH**

**Fishing in the Katherine area**

**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**

- **Bream, Catfish, Archerfish**
  - Fish fillet 1 Serve = Hand Sized 150g
  - **2 serves per week**
  - **OR**
  - **1 serve per week**
  - **OR**
  - **1 serve per month**

- **Mullet, Tarpon, Butler’s Grunter**
  - Fish liver (2 x 5g pieces)
  - **1 serve per month**

**YOUNG CHILDREN (UNDER 6 YEARS)**

- **Bream, Catfish, Archerfish**
  - Fish fillet 1 Serve = Hand Sized 75g
  - **1 serve per week**
  - **OR**
  - **2 serves per month**

- **Mullet, Tarpon, Butler’s Grunter**
  - Fish liver
  - **Avoid**

**AVOID EATING FISH CAUGHT IN SOME PLACES**

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

**CLEAN FISH BEFORE EATING**

Refer to the Food Standards Australia New Zealand fish consumption advice relating to other contaminants, which can be found at www.foodstandards.gov.au

Legend:
- Avoid consumption of fish caught from this area.
- Limit consumption of fish caught from this area.
- Consumption limits due to PFAS concentrations do not apply.