

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

Barramundi, Sleepy Cod, Sooty Grunter, Cherabin

2 serves per week

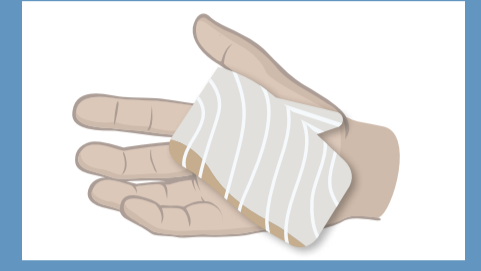
Bream, Catfish, Archerfish
Fish liver (2 x 5g pieces)

1 serve per week

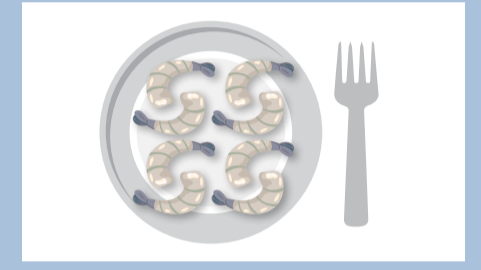
Mullet, Tarpon, Butler's Grunter

1 serve per month

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



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



YOUNG CHILDREN (UNDER 6 YEARS)

Barramundi, Sleepy Cod, Sooty Grunter, Cherabin

1 serve per week

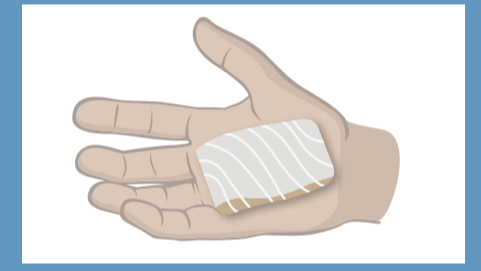
Bream, Catfish, Archerfish

2 serves per month

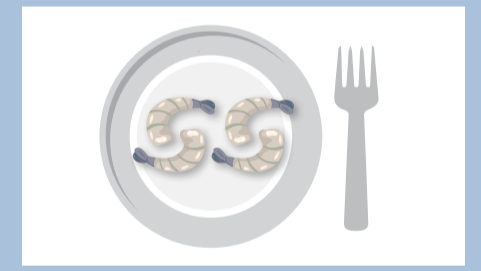
Mullet, Tarpon, Butler's Grunter
Fish liver

AVOID

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



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



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.

