

# Eating Bush Tucker from Katherine

## WHAT BUSH TUCKER CAN YOU FREQUENTLY EAT?

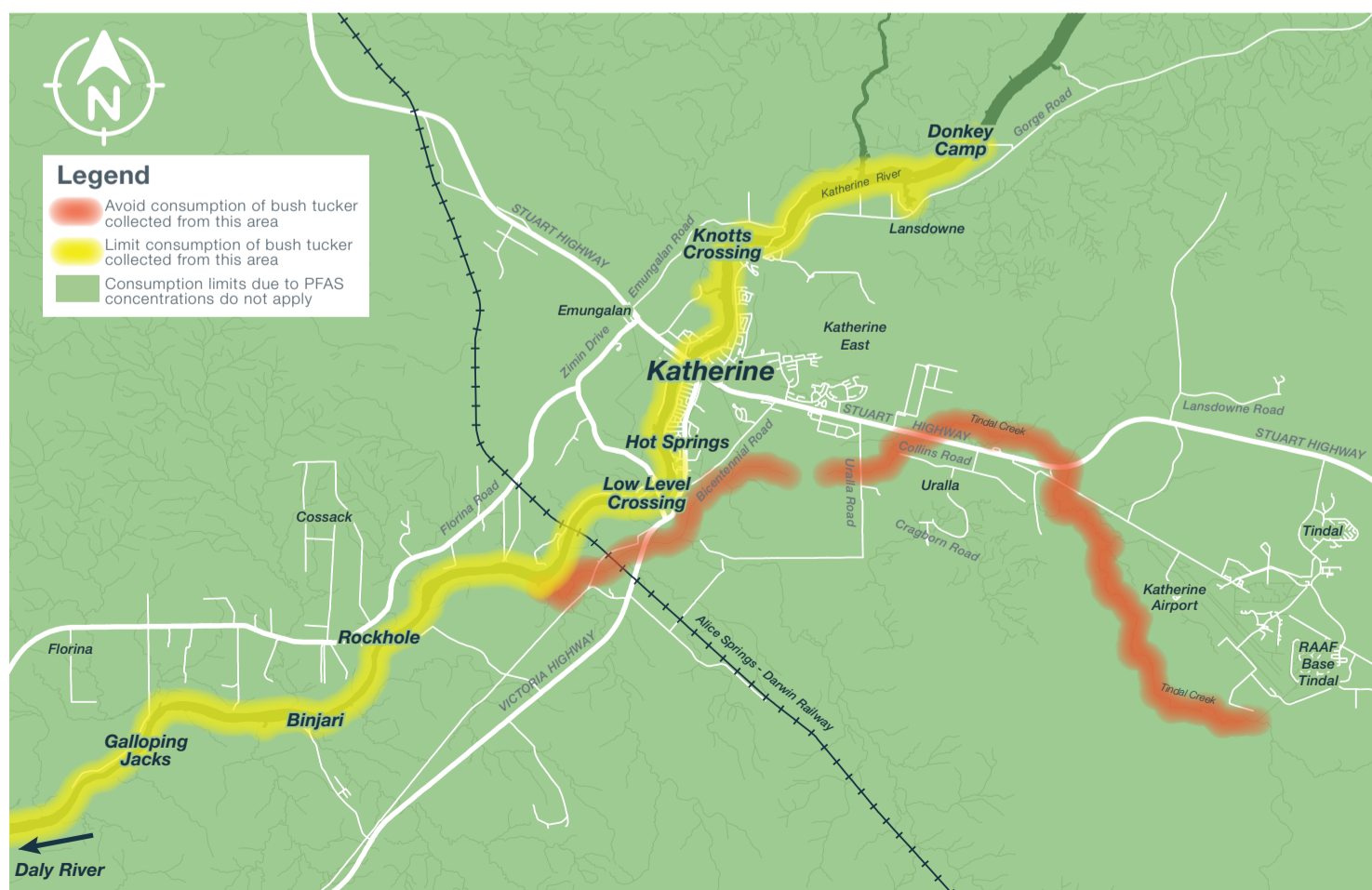
Some plants and animals can contain PFAS and other chemicals and metals which may be harmful to your health if eaten in large amounts

EVERYDAY	REGULARLY	WEEKLY	OCCASIONALLY	AVOID
<p><b>Land animals and migratory birds</b></p> <p>Examples: Wallaby Kangaroo Magpie goose</p>	<p><b>Fruits</b></p> <p>Examples: Billy goat plum Pandanus</p>	<p><b>Birds, reptiles and stems or leaves of plants in or near water</b></p> <p>Examples: Turtle File snake Goanna Duck Palm (leaves) Waterlily (stem)</p>	<p><b>Snakes and reptile eggs</b></p> <p>Examples: Keelback snake Children's python Turtle eggs Crocodile eggs</p>	<p><b>Eggs of water birds</b></p> <p>Examples: Duck eggs Goose eggs Other waterfowl eggs</p>

The above consumption advice is provided as a result of preliminary studies undertaken. Meal sizes of animals and plants may vary. See Bush Foods in Katherine fact sheet at <https://nt.gov.au/industry/hospitality/food-safety-and-regulations>

## AVOID EATING PLANTS AND ANIMALS IN SOME PLACES

PFAS builds up in certain plants and animals, limit the amount you eat from certain areas.



## CLEAN ANIMALS BEFORE EATING

Reduce contaminants by cleaning (gutting) animals before eating. Liver has more contaminants than other parts and should be avoided.

