

Hudson Valley Region

Health Advice on Eating Fish You Catch

Catch the Latest Advice

health.ny.gov/fish

**MAPS
INSIDE**

Including Albany, Columbia, Dutchess, Greene, Orange,
Putnam, Rensselaer, Rockland, Saratoga, Schenectady,
Ulster, Washington and Westchester Counties

Why We Have Advice

Fishing is fun and fish are an important part of a healthy diet. Fish contain high quality protein, essential nutrients, healthy fish oils, and are low in saturated fat. However, some fish contain chemicals at levels that may be harmful to health. To help people make healthier choices about which fish they eat, the New York State Department of Health issues advice about eating sportfish (fish you catch). The health advice about which fish to eat depends on:

Where You Fish



The advice on eating fish from the Hudson Valley Region depends upon where you fish. The region has great fishing and many waters where everyone in the family can eat up to four fish meals a month. However, some waters and their tributaries have been affected by industrial chemicals or pesticides, and some by mercury. Our advice is to limit fish meals or avoid eating fish from these waters.

Because the Hudson Valley and its waters are very diverse, this booklet includes four regions: the Greater Capital Region, Mid Hudson Region, Catskill Region, and Lower Hudson Region. See page 4 for a map of the regions. If you're planning a fish meal, please read the section *Where can the whole family eat the fish?* in each region.

Who You Are

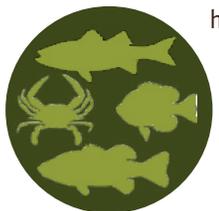
Women of childbearing age (under 50) and children under 15 are advised to limit the kinds of fish they eat and how often they eat them. Women who eat highly contaminated fish and become pregnant may have an increased risk of having children who are slower to develop and learn. Chemicals may have a greater effect on the development of young children or unborn babies. Also, some chemicals may be passed on in mother's milk.



Women beyond their childbearing years and men may face fewer health risks from some chemicals. For that reason, the advice for women over age 50 and men over age 15 allows them to eat more kinds of sportfish and more often (see advice tables for each region).

What You Catch

There is specific advice about limiting or not eating certain kinds of fish in some of this region's waterbodies (see advice tables). Some fish have higher levels of chemicals than others. In general, smaller fish are less contaminated than larger, older fish of the same species. You can also choose to eat fish from waters not listed in the inside tables (many are listed under *Where can the whole family eat the fish?*) and follow the general advice to eat up to four meals per month.



Chemicals in the Hudson Valley Region

The primary chemicals of concern in the Hudson Valley Region are PCBs and mercury. A few waterbodies have chlordane, dieldrin, dioxin, and cadmium.

- PCBs, chlordane, and dieldrin are man-made chemicals that were banned in the 1970s and 1980s. Dioxins are byproducts released by a number of activities, including burning of trash, wood fires, and manufacturing. PCBs, chlordane, dieldrin, and dioxin remain in the environment and accumulate in the fat of fish and other animals.
- Mercury occurs naturally, but it is also released into our environment from sources like coal combustion.
Testing of fish in the Adirondack and Catskill Regions and in some NYS reservoirs has shown certain species of fish have higher levels of mercury than in other parts of the state.
- Cadmium also occurs naturally and is used in many industrial processes as well. Cadmium and dioxin are found in blue crab tomalley (hepatopancreas, green stuff, liver) in the Hudson River.

Health Risks

Fish can have chemical levels thousands of times more than the surrounding water. These chemicals build up in your body over time. Health problems that may result from chemicals in fish range from small changes in health that are hard to detect to birth defects and cancer. (Visit www.health.ny.gov/fish for more info.)

What about tributaries and connected waters?

The specific advice in the inside tables applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream. This is because chemicals remain in fish when they move from one waterbody to another.

If you are not sure about possible fish barriers near waters where you are fishing, call your DEC office listed on the back of this brochure. If you have questions about fish advisories for your favorite waterbody call the fish advisory team at (518) 402-7800. Visit www.health.ny.gov/fish for the latest advice about eating your catch for all regions in the state.

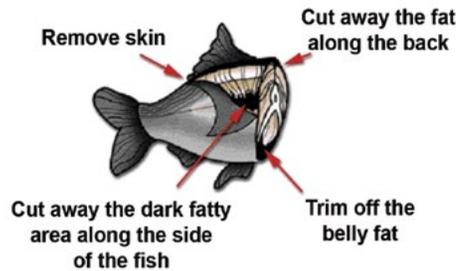


Tips for Healthier Eating

- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for women and young children.
- Bacteria, viruses, or parasites can be in or on fish. Keep harvested fish cold. Wear gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.
- Do not eat the soft "green stuff" (tomalley, mustard, liver, or hepatopancreas) found in the body section of crabs and lobsters, and discard cooking liquid. Tomalley can contain high levels of chemicals, including PCBs, dioxin, and cadmium.

Tips to Reduce PCBs, Chlordane, Dieldrin and Dioxin

- PCBs, chlordane, dieldrin, and dioxin are found at higher levels in the fat of fish. Reduce fat by properly trimming, skinning, and cooking your catch:

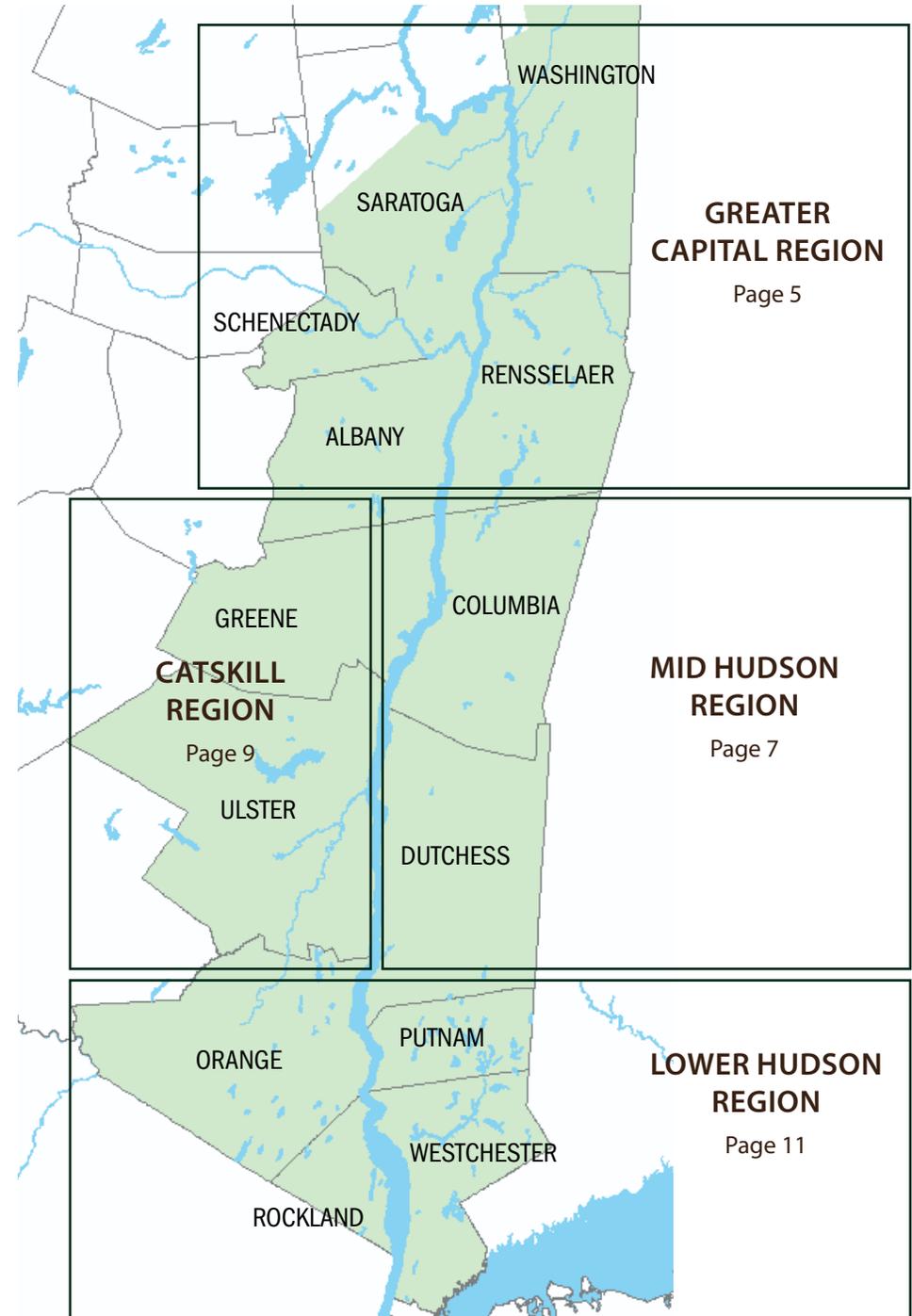


- Cooking or soaking fish cannot eliminate the chemicals, but heat from cooking melts some of the fat. Broil, grill, or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings in sauces or gravies.
- To reduce exposures to PCBs, chlordane, dieldrin, and dioxin, avoid or eat less American eel, bluefish, carp, striped bass, white and channel catfish, and white perch because these fish tend to have higher levels of these contaminants.

Tips to Avoid Mercury

- The only way to reduce how much mercury you get from fish is to avoid certain species or eat less contaminated fish.
- To reduce exposures to mercury, avoid or eat less largemouth and smallmouth bass, northern pike, pickerel, walleye, and larger yellow perch (for example, longer than 10 inches) because these fish tend to have higher mercury levels.
- Mercury is distributed throughout a fish's muscle tissue (the part you eat), rather than in the fat and skin. Trimming and skinning will not reduce the amount of mercury in a fish meal.

Hudson Valley Regions



Greater Capital Region Advice



Where can the whole family eat the fish?

Listed below are some public access waters where the whole family can eat up to four meals per month of fish they catch.

Albany County

Basic Creek
Basic Creek Reservoir
Catskill Creek
Normans Kill, upstream of waterfall at I-87
Rensselaer Lake (Six Mile Waterworks)
Ten Mile Creek
Thompson's Lake
Tivoli Lake
Vly Creek
Washington Park Lake

Rensselaer County

Black River Pond
Burden Lake
Crooked Lake
Crystal Lake
Glass Lake
Long Pond
Poestenkill, upstream of Mt. Ida Dam
Shaver Pond
Snyder's Lake
Tackawasick Creek
Tomhannock Reservoir
Tsatsawassa Lake

Saratoga County

Alplaus Kill
Ballston Lake
Geyser Brook
Glowegee Creek
Kayaderosseras Creek
Mohawk River, upstream of Rt 32 Bridge (Waterford)
Moreau Lake
Saratoga Lake

Schenectady County

Collins Lake
Featherstonhaugh Lake
Iroquois Lake
Lisha Kill
Mariaville Lake
Mohawk River
Schoharie Creek
Steinmetz Lake

Washington County

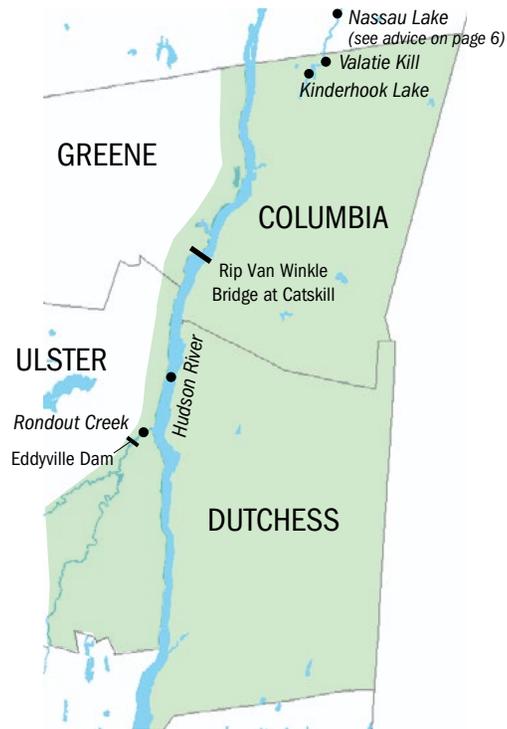
Batten Kill, upstream of Clark Mills Lower Dam
Carters Pond
Cossayuna Lake
Dead Lake
Mettawee River, upstream of waterfalls at Thomas Rd & Upper Tpke

Waters with specific advice:

 Locations & Tributaries	 Fish	 Men Over 15 & Women Over 50	 Women Under 50 & Children Under 15	Chemical of Concern
All waters NOT listed (Greater Capital Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Dunham Reservoir	Walleye	DON'T EAT	DON'T EAT	Mercury
	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Dyken Pond	Largemouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Hoosic River	Brown trout	Greater than 14", up to 1 meal/month; Less than 14", up to 4 meals/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Hudson River, Hudson Falls Dam at Bakers Falls to Federal Dam at Troy	All fish	Catch and Release fishing ONLY per NYS DEC regulations. Take No Fish. Eat No Fish.	Catch and Release fishing ONLY per NYS DEC regulations Take No Fish. Eat No Fish.	PCBs
Hudson River, Federal Dam at Troy to Rip Van Winkle Bridge at Catskill	Alewife, Blueback herring, Rock bass, Yellow perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	DON'T EAT	DON'T EAT	PCBs
Nassau Lake	All fish	DON'T EAT	DON'T EAT	PCBs
Valatie Kill, between County Rt. 18 and Nassau Lake	All fish	DON'T EAT	DON'T EAT	PCBs
Valatie Kill, between Nassau Lake and Kinderhook Lake	American eel, Bluegill sunfish, Redbreast sunfish	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs

Check the DEC website for regulations and special restrictions for certain species:
5 www.dec.ny.gov/outdoor/fishing.html

Mid Hudson Region Advice



Where can the whole family eat the fish?

Listed below are some public access waters where the whole family can eat up to four meals per month of fish they catch.

Columbia County

Claverack Creek, upstream of Van De Carrs Dam
 Copake Lake
 Kline Kill
 Lake Taghkanic
 Ore Pit Pond
 Queechy Lake
 Roeliff Jansen Kill, upstream of Bingham Mills Dam
 Taghkanic Creek
 Weed Mines Pond

Dutchess County

Crum Elbow Creek, upstream of Lower Dam
 Fishkill Creek, upstream of NY Rubber Company Dam
 Iron Mine Pond
 Morgan Lake
 Roeliff Jansen Kill, upstream of Bingham Mill Dam (Columbia Co)
 Shekomeko Creek
 Sprout Creek
 Stissing Pond
 Tenmile River
 Wappinger Creek, upstream of Wappinger Falls Dam
 Webatuck Creek

Ulster County

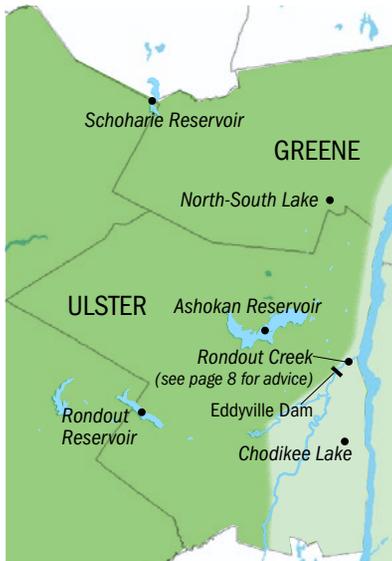
Louisa Pond
 Sturgeon Pool
 Wallkill River, upstream of Sturgeon Pool

Waters with specific advice:

 Locations & Tributaries	 Fish	 Men Over 15 & Women Over 50	 Women Under 50 & Children Under 15	Chemical of Concern
All other waters NOT listed (Mid Hudson Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Hudson River, Federal Dam at Troy to Rip Van Winkle Bridge at Catskill	Alewife, Blueback herring, Rock bass, Yellow perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	DON'T EAT	DON'T EAT	PCBs
Hudson River, Rip Van Winkle Bridge at Catskill to NYC Battery	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Channel catfish, Gizzard shad, Walleye, White catfish	DON'T EAT	DON'T EAT	PCBs
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium
Kinderhook Lake	Atlantic needlefish, Bluefish, Brown bullhead, Carp, Goldfish, Largemouth bass, Rainbow smelt, Smallmouth bass, Striped bass, White perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Rondout Creek, downstream of Eddyville Dam (tidal portion)	See Hudson River, Rip Van Winkle Bridge to NYC Battery Advice			
Valatie Kill, between Nassau Lake and Kinderhook Lake	American eel, Bluegill sunfish, Redbreast sunfish	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs

Check the DEC website for regulations and special restrictions for certain species: www.dec.ny.gov/outdoor/fishing.html.

Catskill Region Advice

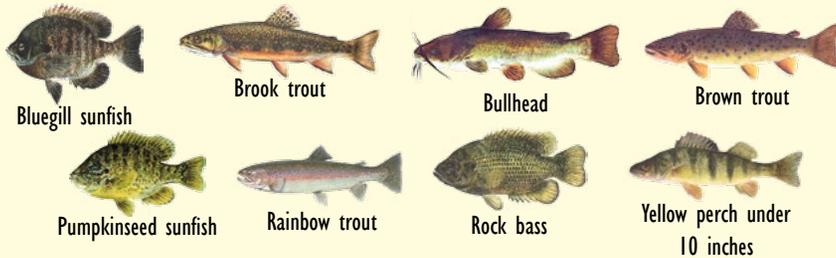


Some fish in the Catskill Region have higher levels of mercury than in other parts of the state. There is additional advice to limit or not eat certain kinds of fish for women under 50 and children under 15 because some fish tend to have higher levels of mercury.

Women beyond their childbearing years and men may face fewer health risks from mercury and can eat up to four meals a month of all fish from Catskill waters (excluding the waterbodies found in the table on page 10).

Which fish can the whole family eat in the Catskill Region?

These fish are a great choice for the whole family, young and old alike because they have lower levels of mercury. Choose among these fish for up to four fish meals per month from waterbodies not listed in the table on page 10.



These are some waters with public access where the whole family can eat the fish listed above:

Greene County

- Basic Creek
- Batavia Kill
- Catskill Creek, upstream of Mill Pond Dam at Leeds
- Colgate Lake
- East Kill
- Greens Lake
- Kaaterskill Creek, upstream of waterfalls at High Falls Extension Mill Rd
- Schoharie Creek, upstream of Prattsville Barrier Dam
- Ten Mile Creek
- West Kill

Ulster County

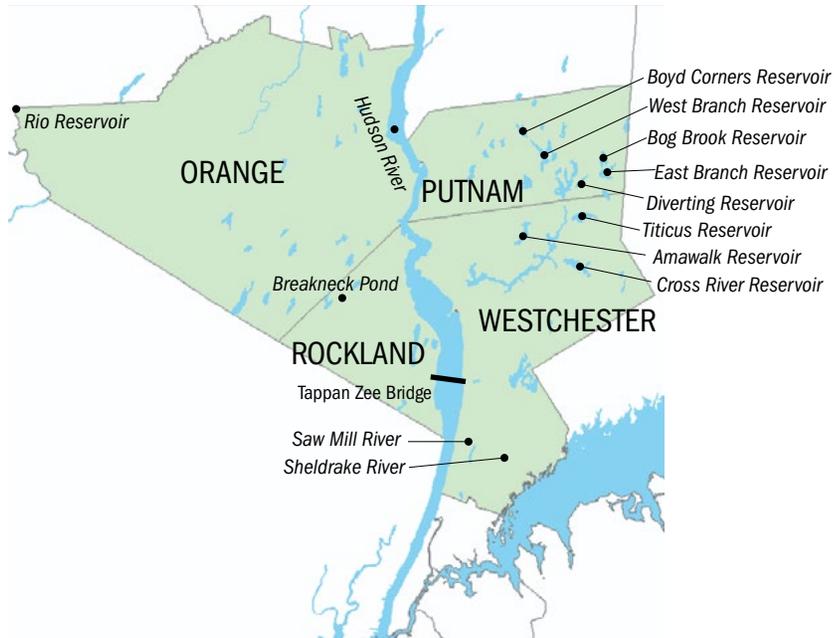
- Alder Lake
- Echo Lake
- Honk Lake
- Lower Esopus Creek, between Ashokan Dam and Diamond Mills Paper Company Dam
- Onteora Lake
- Rondout Creek, between Merriman Dam (Reservoir Dam) and Eddyville Dam
- Wilson Lake

See *Catskill Region: Health Advice on Eating the Fish You Catch* for additional advice for Delaware and Sullivan Counties: <http://www.health.ny.gov/publications/2780.pdf>

Waters with specific advice:

Locations & Tributaries	Fish	Men Over 15 & Women Over 50	Women Under 50 & Children Under 15	Chemical of Concern
All other Catskill Region waters NOT listed	Yellow perch	Up to 4 meals/month	Greater than 10", DON'T EAT ; Less than 10" up to 4 meals/month	Mercury
	Largemouth bass, Northern pike, Smallmouth bass, Walleye, Pickerel	Up to 4 meals/month	DON'T EAT	Mercury
	Brook trout, Bullhead, Brown trout, Rainbow trout, Rock bass, Sunfish, All other fish	Up to 4 meals/month	Up to 4 meals month	Mercury
Ashokan Reservoir	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	Smallmouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Chodikey Lake	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
North-South Lake	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Rondout Creek, downstream of Eddyville Dam	See Hudson River, Rip Van Winkle Bridge to NYC Battery Advice on page 8			
Rondout Reservoir	Smallmouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Schoharie Reservoir	Walleye	Greater than 18", DON'T EAT; Less than 18", up to 1 meal/month	DON'T EAT	Mercury
	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

Lower Hudson Region Advice



Where can the whole family eat the fish?

Listed below are some public access waters where the whole family can eat up to four meals per month of fish they catch.

Orange County

Barnes Lake
Blue Lake
Eagle Lake
Glenmere Lake
Greenwood Lake
Hessian Lake
Island Pond
Lake Askoti
Lake Kanawauke
Lake Nawahunta
Lake Skannatati
Lake Skenonto
Lake Stahahe
Moodna Creek, upstream of Firthcliffe Dam
Ramapo River
Wallkill River

Putnam County

Canopus Lake
Croton Falls Reservoir
East Branch Croton River, downstream of Diverting Reservoir Dam
Lake Gilead
Lake Gleneida
Lake Mahopac
Middle Branch Reservoir
Peekskill Hollow Brook, upstream of Hollowbrook Dam (Westchester)
Pelton Pond
Roaring Brook Lake
Stillwater Pond
West Branch Croton River, downstream of West Branch Dam
White Pond

Rockland County

Hessian Lake
Lake Sebago
Lake Wanoksink
Mahwah River
Minisceongo Creek, upstream of Rockland Print Co Dam
Pine Meadow Brook
Pine Meadow Lake
Ramapo River
Rockland Lake
Sparkill Creek, upstream of Piermont Paper Co Dam
Tiorati Brook, upstream of Stony Point Dam

Westchester County

Bronx River, upstream of Bronx River Dam
Croton River, upstream of Silver Lake Dam
Kensico Reservoir
Long Island Sound
Mohansic Lake
Muscoot Reservoir
New Croton Reservoir
Peekskill Hollow Brook, upstream of Hollowbrook Dam
Stone Hill River
Swan Lake

Waters with specific advice:

 Locations & Tributaries	 Fish	 Men Over 15 & Women Over 50	 Women Under 50 & Children Under 15	Chemical of Concern
All waters NOT listed (Lower Hudson Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Amawalk Reservoir	Largemouth bass, Smallmouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Bog Brook Reservoir	Walleye	Greater than 21", up to 1 meal/month; Less than 21", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Boyd Corners Reservoir	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	Largemouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
Breakneck Pond	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Cross River Reservoir	Largemouth bass, Smallmouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Diverting Reservoir	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
East Branch Reservoir	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

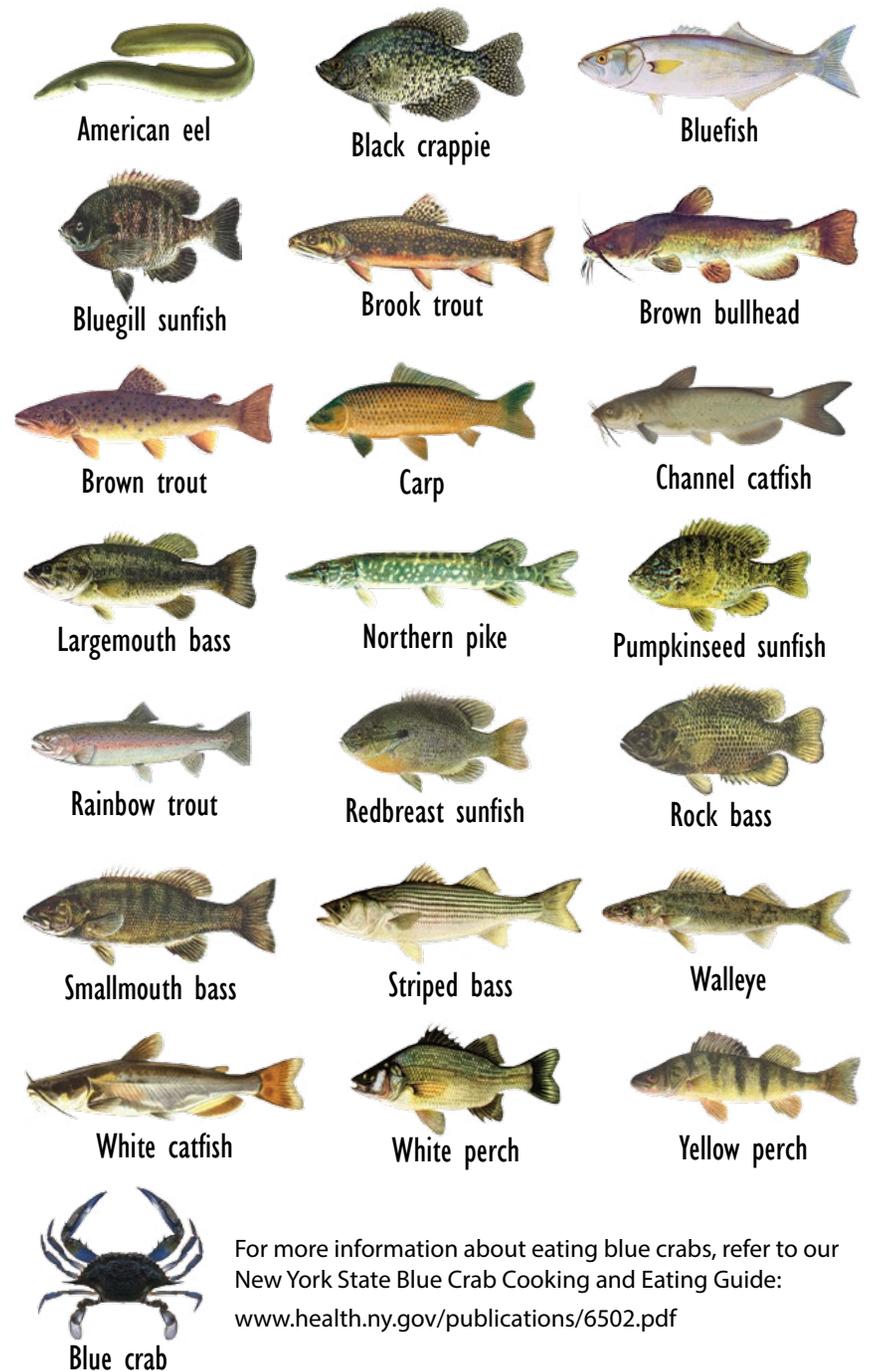


Lower Hudson Region waters with specific advice, continued:

 Locations & Tributaries	 Fish	 Men Over 15 & Women Over 50	 Women Under 50 & Children Under 15	Chemical of Concern
Hudson River <i>Rip Van Winkle Bridge at Catskill to NYC Battery</i>	Channel catfish, Gizzard shad, Walleye, White catfish	DON'T EAT	DON'T EAT	PCBs
	Atlantic needlefish, Bluefish, Brown bullhead, Carp, Goldfish, Largemouth bass, Rainbow smelt, Smallmouth bass, Striped bass, White perch	Up to 1 meal/month	DON'T EAT	PCBs
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Rio Reservoir	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Saw Mill River	American eel	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Sheldrake River	Goldfish	Up to 1 meal/month	DON'T EAT	Chlordane
	American eel	DON'T EAT	DON'T EAT	Chlordane, Dieldrin
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane, Dieldrin
Titicus Reservoir	White perch	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
West Branch Reservoir	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

Check the DEC website for regulations and special restrictions for certain species: www.dec.ny.gov/outdoor/fishing.html.

COMMON FISH OF THE HUDSON VALLEY REGION



For more information about eating blue crabs, refer to our New York State Blue Crab Cooking and Eating Guide: www.health.ny.gov/publications/6502.pdf

Fish from Stores and Restaurants



The US Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, FDA advises pregnant women, women who may become pregnant, nursing mothers, and young children to avoid shark, swordfish, king mackerel, and tilefish.

Food and Drug Administration: (888) SAFEFOOD, (888) 723-3366

More Information

New York State Fish Advisories

Department of Health
www.health.ny.gov/fish
(518) 402-7800
(800) 458-1158
email BTSA@health.ny.gov

Other Fish Information

Environmental Protection Agency
www.epa.gov/ost/fish
Food and Drug Administration
www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm

New York State Fishing

Department of Environmental Conservation (DEC)
www.dec.ny.gov/outdoor/fishing.html

DEC Region 5

(Washington & Saratoga counties)
Ray Brook Office
(518) 897-1333
fwfish5@dec.ny.gov

New York State Fishing, cont.

DEC Region 4

(Albany, Columbia, Greene, Rensselaer and Schenectady counties)
Stamford Office
(607) 652-7366
fwfish4@dec.ny.gov

DEC Region 3

(Dutchess, Orange, Putnam, Rockland, Ulster, & Westchester counties)
New Paltz Office
(845) 256-3161
fwfish3@dec.ny.gov

Fishing in NYC Reservoirs

NYC Department of Environmental Protection (NYC DEP)
<http://www.nyc.gov/html/dep/html/recreation/fishing.shtml>
1-800-575-LAND (5263)
recreation@dep.nyc.gov

The DEC fishing website listed above has a wealth of resources to help you find publicly accessible fishing sites, boat launches, and license information. It also includes information on what types of fish are found in different waterbodies across New York.