



## Cut the Fat to Cut PCBs

- PCBs are chemicals in the fat of some fish you catch.
- Don't pan-fry! Broil, grill or bake so fat drips away.
- Don't eat the green stuff in crabs.

Special advice for women and children: [www.health.ny.gov/fish](http://www.health.ny.gov/fish)  
**(518) 402-7800** or **1-800-458-1158**