

PFOS FISH CONSUMPTION ADVISORIES*

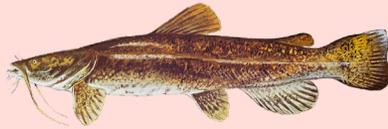
for the Cape Fear River at the Fayetteville Boat ramp, near the I-95 overpass, to the Bluffs on the Cape Fear

1

NO MORE THAN 1 SERVING PER YEAR
COMBINED ACROSS ALL SPECIES



Bluegill Sunfish



Flathead Catfish



Largemouth Bass



Redear Sunfish



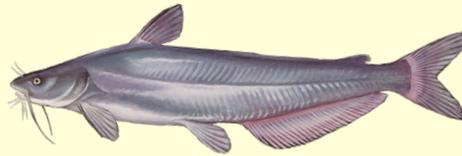
Striped Bass

7

NO MORE THAN 7 SERVINGS PER YEAR
COMBINED ACROSS ALL SPECIES



American Shad



Blue Catfish



Channel Catfish

*See separate advisory for women of childbearing age, pregnant women, nursing mothers and children.

Fish illustrations by Duane Raver

Benefits of Eating Fish

Fish are good source of lean protein that can promote bone health, decrease the chance of becoming overweight or obese, and decrease the risk of colon and rectal cancers.



Avoiding Bad Fish

The fish above have been found to have high levels of PFOS and/or PFAS. Eating fish with higher levels of chemicals like PFAS or PFOS may cause health problems. These health concerns can be and not limited to; increase in risk of cancer, liver damage, and higher cholesterol.



Serving Size

A serving of fish is:

6 oz -OR- **8 oz**
cooked fillet raw fillet



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PFOS FISH CONSUMPTION ADVISORIES FOR WOMEN OF CHILDBEARING AGE (15 TO 44 YEARS), PREGNANT WOMEN, NURSING MOTHERS AND CHILDREN

for the Cape Fear River at the Fayetteville Boat ramp, near the I-95 overpass, to the Bluffs on the Cape Fear

**DO NOT
EAT**

COMBINED ACROSS
ALL SPECIES



Bluegill Sunfish



Flathead Catfish



Largemouth Bass



Redear Sunfish



Striped Bass

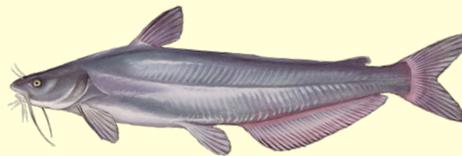
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