



# Seafood Health Facts: Making Smart choices

## Balancing the Benefits and Risks of Seafood Consumption

### *Resources for Healthcare Providers and Consumers*

## **Seafood Safety Issues for Specific Products [1]**

The information provided below is on food safety hazards that can be associated with specific types of seafood products and other perishable foods. Click on each of the fact sheets below for information on these products.

### **Raw Molluscan Shellfish [2]**

This section describes food safety issues associated with the consumption of raw or partially cooked molluscan shellfish like clams, oysters or mussels. Information on how to select and handle these products to avoid food borne illness is included.

### **Ready-to-Eat Seafood Products [3]**

This section describes food safety issues associated with ready-to-eat foods that will not be cooked before they are eaten. Common ready-to-eat seafood products include smoked fish, seafood salads, pre-cooked products, surimi, and sushi and sashimi. Information on how to select and handle these products to avoid food borne illness is included.

### **Recreationally Caught Fish and Shellfish [4]**

This section describes food safety issues associated with fish and shellfish that may be harvested from fresh waters or near shore marine waters with elevated levels of pollutants like polychlorinated biphenyls (PCBs) or pesticides. Information that primarily focuses on how recreational anglers can select and prepare products to minimize risk is included.



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### **Links**

[1]  
<https://www.seafoodhealthfacts.org/seafood-safety/general-information-patients-and-consumers/seafood-safety-issues-specific-products>

[2]  
<https://www.seafoodhealthfacts.org/seafood-safety/general-information-patients-and-consumers/seafood-safety-issues-specific-products-0>

[3]  
<https://www.seafoodhealthfacts.org/seafood-safety/general-information-patients-and-consumers/seafood-safety-issues-specific-products-1>

[4]

<https://www.seafoodhealthfacts.org/seafood-safety/general-information-patients-and-consumers/seafood-safety-issues-specific-products-2>