



Seafood Health Facts: Making Smart choices

Balancing the Benefits and Risks of Seafood Consumption

Resources for Healthcare Providers and Consumers

Seafood Safety Topics [1]

Information within this section is for specific food safety hazards that can be associated with seafood and other perishable foods. Click on each of the fact sheets below for general information of interest to consumers on these common food safety hazards.

Microbes and Food Borne Illness (Pathogens) [2]

Identification of food safety issues associated with microbial pathogens like bacteria and viruses that could be associated with certain types of seafood products. Information on how to select and handle seafood products to avoid food borne illness is included.

Parasites [3]

Discussion of food safety issues associated with naturally occurring parasites that could be associated with certain types of seafood products. Information on how to select and handle seafood products to avoid food borne illness is included.

Toxins [4]

Description of food safety issues from naturally occurring toxins produced by algae blooms that could be associated with certain types of shellfish products. A description of the naturally occurring finfish toxins, ciguatera and histamine, are also described. Information on how to select and handle seafood products to avoid food borne illness is included.

Man Made Pollutants [5]

Information on 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.

Mercury [6]

This section describes food safety issues associated with mercury in fish and shellfish. Information on mercury levels in seafood products and ways to minimize risk is included.



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