

## PCBs

## MERCURY

### Stored in the fat

PCBs remain in the body for long periods of time--may take several years to be fully removed from the body

### Stored in Muscle

May take up to a year to be completely removed from the body assuming no more mercury is being ingested.

Trimming the fat off the fish can reduce the amount of PCBs by 50%

Trimming the fat will not reduce the amount of mercury since it is found in the protein (meat) of the fish.

It's better to boil, bake, or grill. Breading and frying is not the best way to reduce PCBs.

Cooking methods will not remove mercury contaminants.

Larger fish have greater amount of PCBs in them due to age and diet.

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