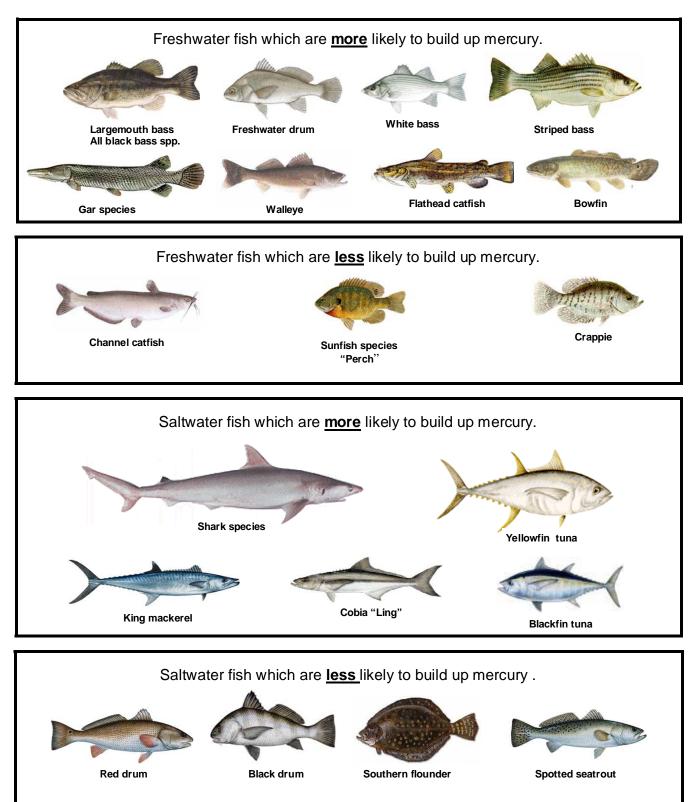
## Mercury in Fish You Catch from Texas Waters



For freshwater and saltwater fish, which are more likely to build up mercury, DSHS recommends that anglers eat smaller, younger fish, eat fish from a variety of water bodies, and eat fish, which are less likely to build up mercury more often.