

# Hunter River Estuary and Tilligerry Creek dietary advice

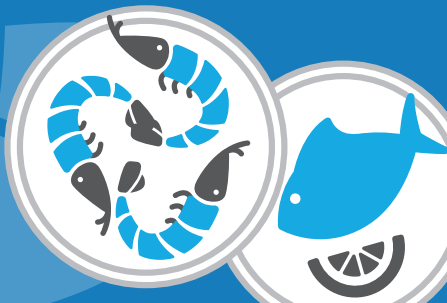
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The Department of Primary Industries has implemented the recommendations of the NSW Government around fish and crustaceans in the Hunter River Estuary and Tilligerry Creek (Port Stephens).

Advice is currently in place for the Hunter River Estuary, Tilligerry Creek and Fullerton Cove relating to PFAS (per- and poly-fluoroalkyl substances) contamination.

- There are no fishing restrictions relating to PFAS contamination in place in the area.
- The general public can be confident that seafood for sale from the area is safe to eat.
- Dietary advice has been provided for fishers and local residents who consume large amounts of seafood from the Hunter River Estuary and Tilligerry Creek (Port Stephens), who should limit the number of serves of individual species - see overleaf.
- The Hunter River Estuary includes the whole of the tidal waters of Hunter River and its tributaries and includes Fullerton Cove and Throsby Creek.
- Sourcing seafood from a variety of locations including the ocean and waterways outside these areas will assist in minimising exposure.

Seafood for  
sale is safe  
to eat



## Dietary advice

This table lists the number of serves of a single species that can be eaten each week to result in an exposure equivalent to half of the health based guideline value.

### Recommended maximum weekly intake for species caught from the Hunter River Estuary, Fullerton Cove and Tilligerry Creek

Species	Servings* per week	
	Children 2 to 6 years old	All other age groups
School Prawns	<0.5	1
Blue Swimmer Crab	<0.5	0.5
Mud Crab	0.5	1
Dusky Flathead	0.5	1
Luderick	0.5	1
Mulloway	0.5	1
Sea Mullet	1	4
Common Silverbidy	1	4
Sand Whiting	1	8
Yellowfin Bream	4	8

\* Adult serving size = 150 g. Children serving size = 75 g.

#### Note:

- Consumption of offal in all species should be avoided.
- Species specific information is for when a single species of fish is eaten per week. Eating multiple species would result in a greater exposure.
- General fish and seafood consumption advice states that people should eat 2-3 serves of fish and seafood each week as part of a balanced diet.
- Independent of the site-specific advice related to PFAS above, pregnant women and women planning pregnancy should see the following fish consumption advice published by Food Standards Australia New Zealand (FSANZ):  
<http://www.foodstandards.gov.au/consumer/chemicals/mercury/Pages/default.aspx>

### Additional PFAS information:

[www.epa.nsw.gov.au/MediaInformation/pfasinvestigation.htm](http://www.epa.nsw.gov.au/MediaInformation/pfasinvestigation.htm)