

Advice to Consumers on Toxic Substances in Fish

Ciguatoxin

1. Eat fewer coral reef fish;
2. Eat small amount at any one meal;
3. Avoid consuming the roe, liver, guts, head and skin of coral fish; and
4. Avoid consuming alcoholic beverages, nut or seed products, which are known to increase the severity of symptoms, when consuming coral reef fish.

Tetrodotoxin

1. Avoid purchasing and dressing puffer fish for consumption on your own.

Histamine

1. Properly refrigerate fish that may contain histamine (e.g. tuna, mackerel, sardine and anchovy) at 4°C or below.