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You Can Cut Down PCBs

Sportsmen concerned about PCB levels in large Lake Michigan salmon and trout can eliminate much of the chemical by proper cleaning and cooking, says the Department of Natural Resources.

Fishermen should clean their catch immediately. Entrails, fatty layers and kidneys should be removed and belly flaps trimmed off. Filleting also ensures that fat retaining PCB stays behind.

Barbecuing or broiling the fish after thorough cleaning will also remove most of the fatty oils containing PCBs. //

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