

Fish Advisory

Upper Columbia River/Lake Roosevelt

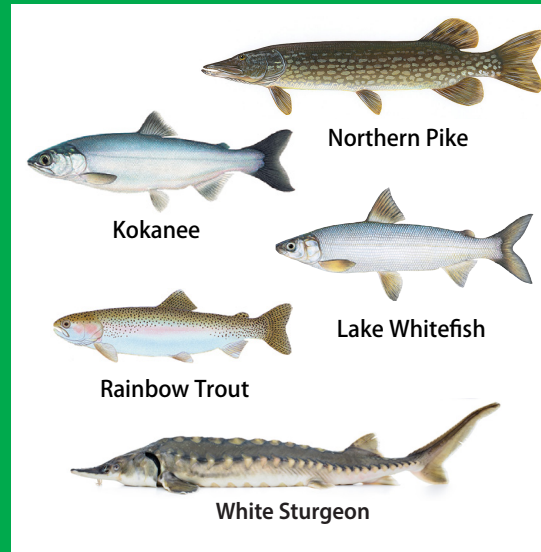
Fish are nutritious, but certain fish in the Upper Columbia River contain contaminants (mercury and PCBs) that can harm your health.

Babies and children are most at-risk.

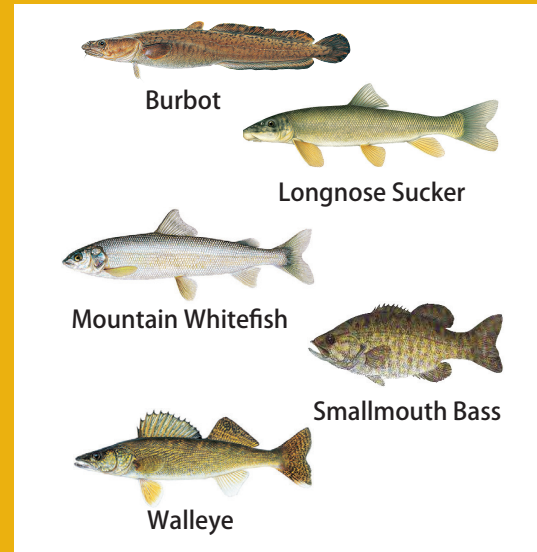
Women who are or might become pregnant, nursing mothers, and children should follow all of this advisory.



HEALTHY CHOICE



LIMIT



CAUTION



How to Use this Table

Women under age 46 and children under age 18 should eat from either the green or yellow column.

Examples:

If a child eats 1 serving of kokanee and 1 serving of rainbow trout, no other fish should be eaten that week.

If an 18-year-old man eats 3 servings of walleye in a week, no other fish should be eaten that week.

How much can I eat?

Women 18 - 45
especially if pregnant



Children 1 - 17

Women 46 and older
and not pregnant



Men 18 and older



2- 3 servings per week

Kokanee
Lake Whitefish
Rainbow Trout
White Sturgeon
Northern Pike



1 serving per week

4 servings per month
of any combination
of these 5 fish



2 servings per month

Largescale Sucker
Largemouth Bass

7 servings per week

Kokanee
Lake Whitefish
Rainbow Trout
White Sturgeon
Northern Pike



3 servings per week

12 servings per month
of any combination
of these 5 fish



5 servings per month

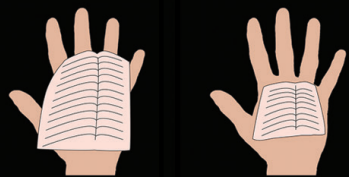
Largescale Sucker
Largemouth Bass

DO NOT EAT

Northern Pikeminnow



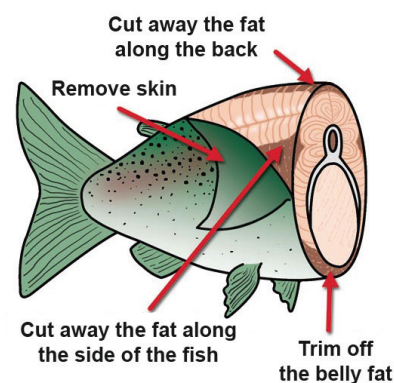
What is a serving?



For Adults For Children

A serving is about the size and thickness of your hand.
Give children smaller servings.

Preparing Fish the Healthy Way



Fish are part of a healthy diet.

Following these tips will reduce the amount of chemical contaminants you eat (like PCBs) that collect in the fat of fish. Mercury cannot be reduced; it builds up in fish meat (the fillet).

- Before cooking remove the skin, fat, and internal organs.
- Eat younger and smaller fish (within legal limits).
- Eat a variety of fish.



Questions?

Department of Health
Toll Free: 1-877-485-7316
Visit: www.doh.wa.gov/fish

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