

Fish Advisory

Upper Columbia River/Lake Roosevelt

Fish are nutritious, high in protein, and rich in omega-3 fatty acids.

Fish are part of a healthy diet, but certain types of fish in the upper Columbia River contain chemicals (mercury and PCBs) that can harm your health.

To gain the health benefits and reduce the health risks from chemicals found in fish, choose fish low in contaminants from the upper Columbia River (see table).

Babies and children are most at-risk.

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



Preparing Fish the Healthy Way

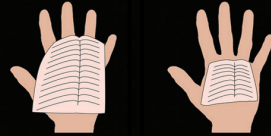
Fish are part of a healthy diet.

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.

What is a serving?



For Adults For Children

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

Questions?

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

Fish illustrations © Joseph R. Tomelleri
Available in other formats for people with disabilities 1-800-525-0127 (TDD/TTY call 711)
DOH 334-327 June 2015

Fish Advisory

Upper Columbia River / Lake Roosevelt



Eat Fish, Be Smart, Choose Wisely

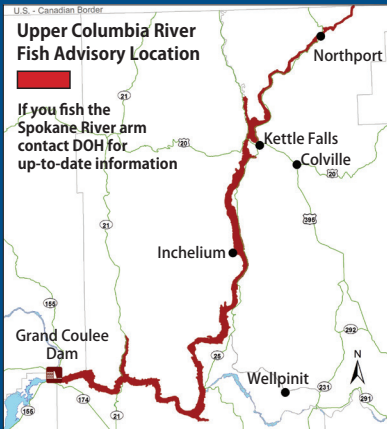


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How much can I eat?

Women 18 - 45
especially if pregnant



Children 1 - 17

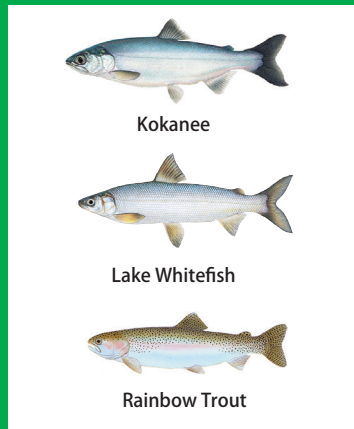
Women 46 and older
and not pregnant



Men 18 and older



HEALTHY CHOICE



2- 3 servings per week

Kokanee
Lake Whitefish
Rainbow Trout

LIMIT



1 serving per week

4 servings per month
of any combination
of these 5 fish

CAUTION



2 servings per month

Largescale Sucker
Largemouth Bass

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.

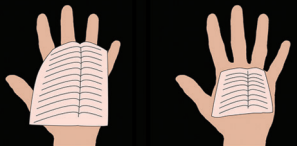
If an 18-year-old man eats 3 servings of walleye in a week, no other fish should be eaten that week.

DO NOT EAT

Northern Pikeminnow



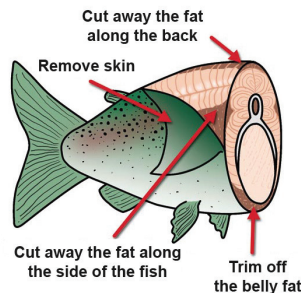
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