



News Release

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Puget Sound crab get “two pinchers up” for safe eating

Analysis shows low level of contaminants; spot prawn heads & crab butter should be limited

OLYMPIA –Washington State Department of Health (DOH) issued the first consumption advisory for Puget Sound Dungeness crab and spot prawn today.

In partnership with the Washington Department of Fish and Wildlife (WDFW), testing and analysis was done to find out where, how much and how often Dungeness crab or spot prawn can be safely eaten.

Dungeness crab meat and spot prawn tails can be eaten safely by following the guidelines on the [Puget Sound Dungeness Crab and Spot Prawn Consumption Advisory](#).

Crab butter and spot prawn heads have high levels of contaminants, and can only be safely eaten when harvested from a small number of locations and in limited amounts. Locations where contaminants are a concern can be found in the advisory.

Shellfish and fish are important parts of a healthy diet. Understanding the health benefits along with potential risks of contaminants is important.

The best advice is, "eat fish, be smart, and choose wisely!"

Information on areas where shrimping and crabbing are allowed is on the [WDFW website](#).

The [Department of Health website](#) (doh.wa.gov) is your source for *a healthy dose of information*.

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