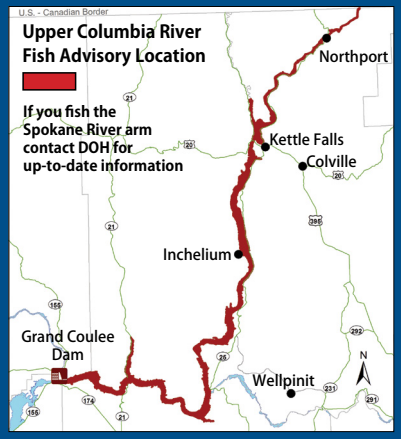
Fish Advisory

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.



How much can I eat?

	HEALTHY CHOICE	LIMIT	CAUTION
	Kokanee Lake Whitefish Rainbow Trout	Burbot Longnose Sucker Mountain Whitefish Smallmouth Bass Walleye	Largescale Sucker Largemouth Bass
Women 18 - 45 especially if pregnant; **Children 1 - 17**	**2- 3 servings per week** Kokanee, Lake Whitefish, Rainbow Trout	**1 serving per week**	**2 servings per month**
	OR	**4 servings per month of any combination of these 5 fish**	OR
		OR	**Largescale Sucker, Largemouth Bass**
Women 46 and older and not pregnant; **Men 18 and older**	**7 servings per week** Kokanee, Lake Whitefish, Rainbow Trout	**3 servings per week**	**5 servings per month**
	OR	**12 servings per month of any combination of these 5 fish**	OR
		OR	**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.

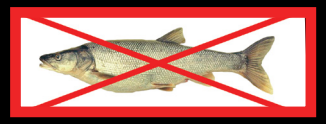
Examples:

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

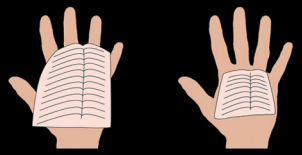
If an 18-year-old man eats 3 servings of walleye in a week, no other fish should be eaten that week.

DO NOT EAT

Northern Pikeminnow



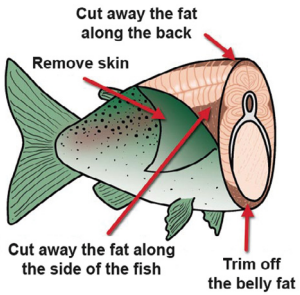
What is a serving?



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.

Washington State Department of Health

Questions?

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

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