

Fishing for the Safest Seafood from the Duwamish River? Eat Salmon.

Salmon are the Healthiest Choice

Fishing is important for physical, mental, and cultural health. Fish are part of a healthy diet.

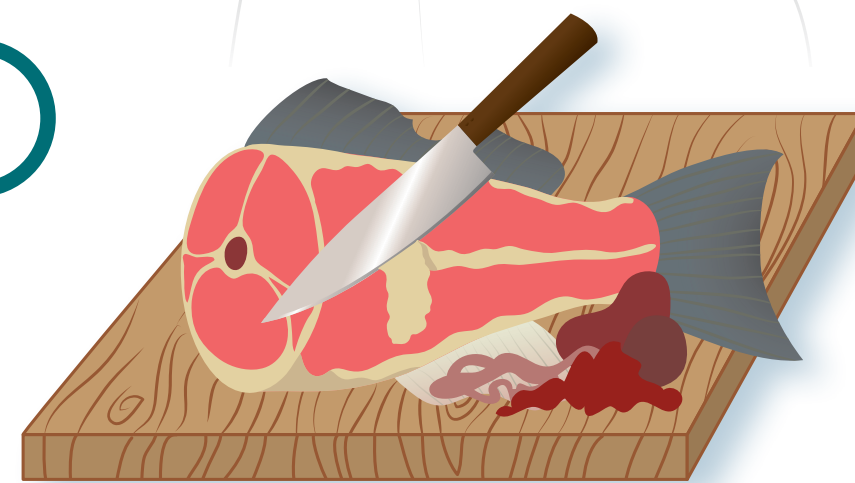
But the Duwamish River is polluted with chemicals that get into resident fish, shellfish, and crab that spend their entire lives in the river.

Salmon are the healthiest choice because they spend only a short time in the river. They are nutritious and full of Omega-3s which are good for your heart and brain.



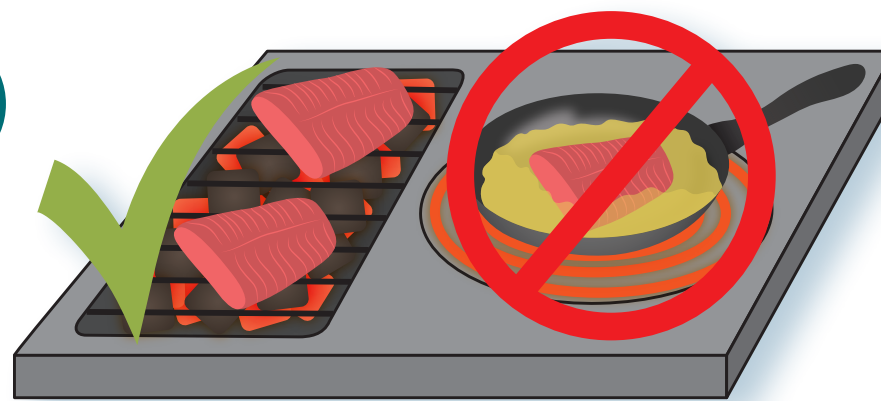
Healthy Tips:

1



Remove skin, fat, and internal organs.

2

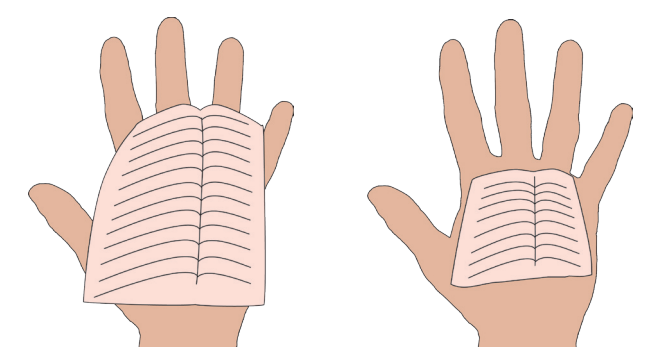


Grill, bake, broil, or steam so fat drips off. DON'T use fat drippings for sauces or soups.

3

Eat younger, smaller fish (within legal limits). They have less chemicals.

Meal Size

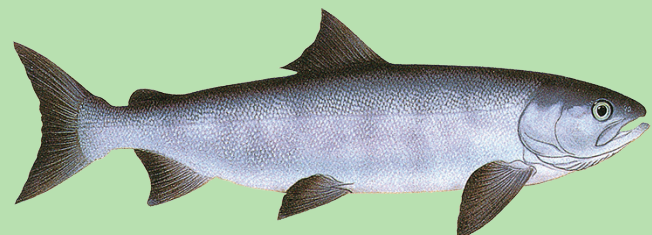


Adult

Child

One meal size is about the size and thickness of your hand.

Chum



Coho



Pink



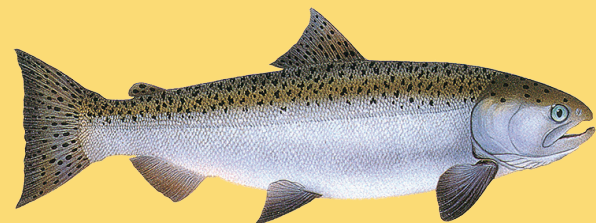
Sockeye



SAFE TO EAT
2-3 MEALS
per week

OR

Chinook
(King)



LIMIT
1 MEAL
per week

OR

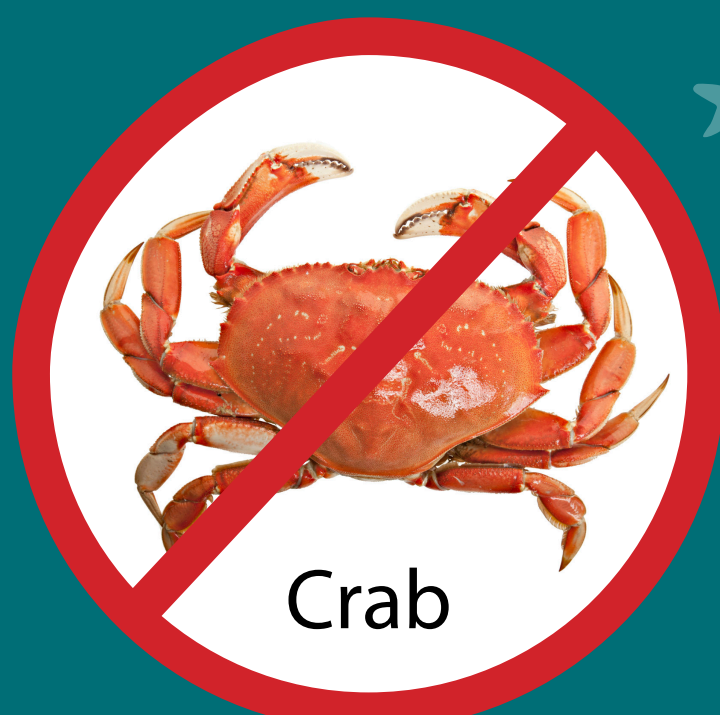
Blackmouth

Resident Chinook caught during winter

CAUTION
2 MEALS
per month

EVERYONE - DO NOT EAT RESIDENT FISH, SHELLFISH, or CRAB

Especially WOMEN who are or may become PREGNANT, NURSING MOTHERS, and CHILDREN. They have chemicals that can harm the growth and brain development of babies and children.



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

DOH 333-084 October 2014
Available in other formats for people with disabilities 1-800-525-0127 (TDD/TTY call 711).



Public Health
Seattle & King County

