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.

SAFE TO EAT
2-3 MEALS per week

LIMIT
1 MEAL per week

CAUTION
2 MEALS per month

Chum
Coho
Pink
Sockeye

Chinook (King)

Blackmouth
Resident Chinook caught during winter

OR

OR

EVENYONE - 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.