Fish Advisory
Upper Columbia River/Lake Roosevelt

Health Choice
- Kokanee
- Lake Whitefish
- Rainbow Trout

Limit
- Burbot
- Largemouth Bass

Caution
- Largescaler Sucker
- Largemouth Bass

How much can I eat?

- Women 18 - 45: 2-3 servings per week
- Children 1 - 17: 2 servings per week
- Women 46 and older and not pregnant: 7 servings per week
- Men 18 and older: 12 servings per month

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.

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

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.

Precaution
- Do not eat Northern Pikeminnow.

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

For Children
For Adults

Fish Advisory Location
If you fish the Spokane River arm contact DOH for up-to-date information.

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

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