Fish Advisory
Upper Columbia River/Lake Roosevelt

Fish are nutritious, high in protein, and rich in omega-3 fatty acids.

Fish are part of a healthy diet, but certain types of fish in the upper Columbia River contain chemicals (mercury and PCBs) that can harm your health.

To gain the health benefits and reduce the health risks from chemicals found in fish, choose fish low in contaminants from the upper Columbia River (see table).

Babies and children are most at-risk.

Women who are or might become pregnant, nursing mothers, and children should follow all of this advisory.

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.

What is a serving?

For Adults

For Children

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

Questions?

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

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How much can I eat?

Women 18 - 45 especially if pregnant
- 2-3 servings per week
  - Kokanee
  - Lake Whitefish
  - Rainbow Trout

Children 1 - 17
- 7 servings per week
  - Kokanee
  - Lake Whitefish
  - Rainbow Trout

Women 46 and older and not pregnant
- 7 servings per week
  - Kokanee
  - Lake Whitefish
  - Rainbow Trout

Men 18 and older
- 4 servings per month
  - of any combination of these 5 fish

Preparation Tips

Cut away the fat along the back.
Remove skin.
Cut away the fat along the side of the fish.
Trim off the belly fat.

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