

# Fish Advisory

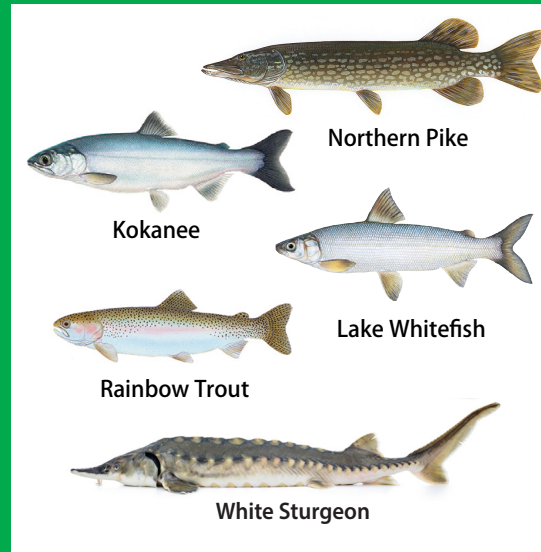
## Upper Columbia River/Lake Roosevelt

Fish are nutritious, but certain fish in the Upper Columbia River contain contaminants (mercury and PCBs) that can harm your health.

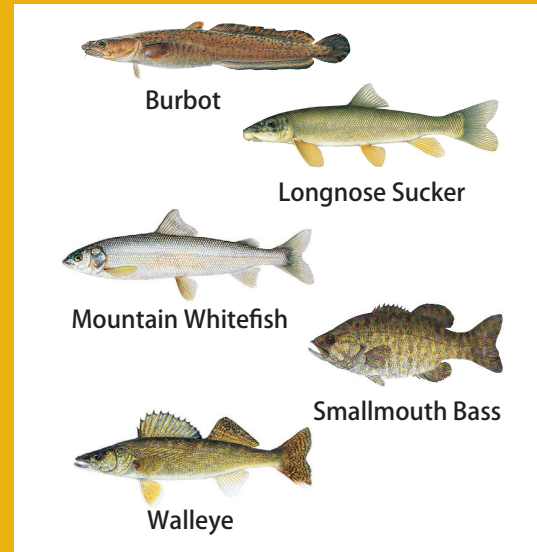
**Babies and children are most at-risk.**  
**Women who are or might become pregnant, nursing mothers, and children should follow all of this advisory.**



### HEALTHY CHOICE



### LIMIT



### CAUTION



### 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.

### How much can I eat?

**Women 18 - 45**  
especially if pregnant



**Children 1 - 17**

**Women 46 and older**  
and not pregnant



**Men 18 and older**



**2- 3 servings per week**

Kokanee  
Lake Whitefish  
Rainbow Trout  
White Sturgeon  
Northern Pike



**1 serving per week**

4 servings per month  
of any combination  
of these 5 fish



**2 servings per month**

Largescale Sucker  
Largemouth Bass

### DO NOT EAT

**Northern Pikeminnow**



**7 servings per week**

Kokanee  
Lake Whitefish  
Rainbow Trout  
White Sturgeon  
Northern Pike



**3 servings per week**

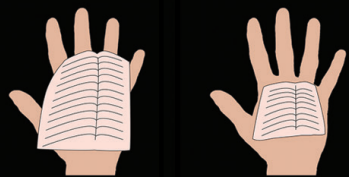
12 servings per month  
of any combination  
of these 5 fish



**5 servings per month**

Largescale Sucker  
Largemouth Bass

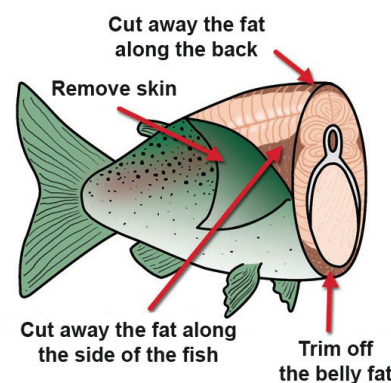
### What is a serving?



**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.



### Questions?

Department of Health  
Toll Free: 1-877-485-7316  
Visit: [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)

Updated from DOH 334-329 June 2015  
Fish illustrations © Joseph R. Tomelleri  
Available in other formats for people with disabilities  
1-800-525-0127 (TDD/TTY call 711).