

# Fish Advisory

## Lake Spokane (Long Lake)

Fish are nutritious, but certain fish in the Lake Spokane (Long Lake) contain chemicals (PCBs and mercury) 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



Rainbow Trout



Yellow Perch

2 servings per week

Rainbow trout  
Yellow Perch



### LIMIT



Mountain Whitefish

1 serving per week

Mountain Whitefish



### CAUTION



Brown Trout



Largemouth Sucker



Largemouth Bass



Smallmouth Bass

1 serving per month  
Brown Trout  
Largemouth Sucker

2 servings per month  
Largemouth Bass  
Smallmouth Bass

1 serving per month  
Brown Trout  
Largemouth Sucker

5 servings per month  
Largemouth Bass  
Smallmouth Bass

### How to Use this Table

Women (18-45) and children should eat from either the green or yellow column.

Examples:

If a child eats 1 serving of rainbow trout and 1 serving of yellow perch in week, no other fish should be eaten that week.

If an 18 year-old man eats 1 serving of mountain whitefish, no other fish should be eaten that week.

### DO NOT EAT



Northern Pike



Carp

### Lake Spokane How much fish can I eat?

Women 18 - 45  
especially if pregnant



Children 1 - 17



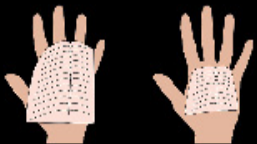
Women 46 and older  
not pregnant



Men 18 and older



### What is a serving?

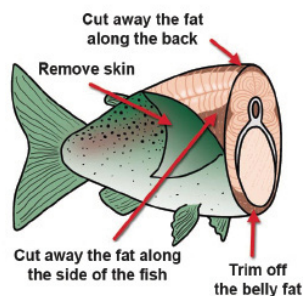


For Adults For Children

160 lb. Adult = 8 ounces uncooked fish  
80 lb. Child = 4 ounces uncooked fish

Add or subtract 1 ounce for every  
20 lbs. of bodyweight.

### Preparing Fish the Healthy Way



Fish are part of a healthy diet.

Following these tips will reduce the amount of chemicals you eat (like PCBs) 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)

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1-800-525-0127 (TDD/TTY call 711).