A place to play, fish and get out on the water, the Spokane River is a wonderful resource for the communities along its shores. However, past industrial activities, locally and upstream, contributed to contamination of the river and its fish and beaches, mainly in the form of PCBs and metals. While cleanup efforts have reduced contamination, it’s still important to take precautions when fishing or enjoying the river’s beaches.

HEALTH BENEFITS OF FISH
Fish is a healthy addition to your diet, providing low-fat, high-quality protein, omega-3 fatty acids, vitamins and minerals. While eating fish can benefit your health, it has some risks.

Fish can take in contaminants from the food they eat and water they live in. Over time, chemicals like PCBs and mercury can build up in their bodies. By choosing the right fish and using safe cooking methods, you can get the nutritional benefits of fish while protecting your health. Choose fish low in mercury and other contaminants—like trout and perch. Remember: fish wisely, cook safely.

TIPS FOR COOKING FISH SAFELY
Prepare fish the following way to reduce PCBs and other contaminants* that collect in the fatty parts of the fish by up to 50 percent.
- Remove the head, skin, fat and internal organs before cooking. Do not use for sauce or gravy.
- Grill, bake or broil fish so the fat drips off while cooking.
*Preparing fish this way does not reduce mercury content.

STATEWIDE MERCURY ADVISORY
Women who are or plan to become pregnant, nursing mothers, and young children should not eat northern pikeminnow and limit largemouth and smallmouth bass to two meals per month.