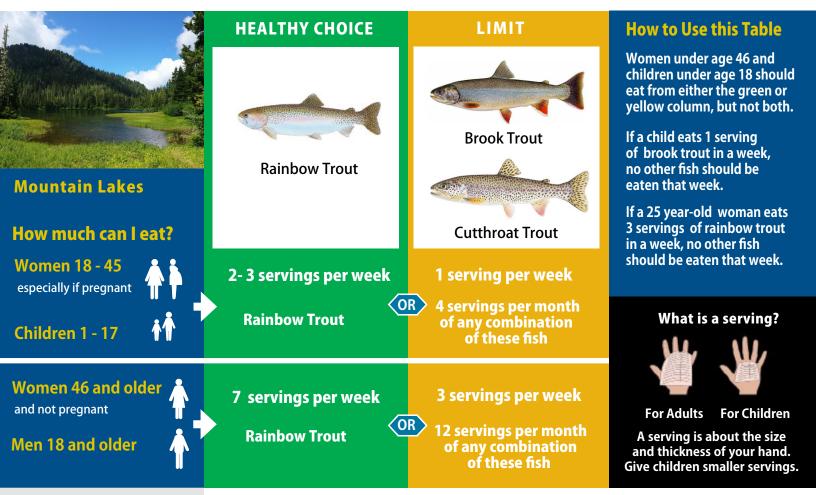
## **Fish Advisory** Mountain Lakes Olympic National Park

Recent studies found elevated levels of mercury in brook trout and cutthroat trout in some lakes in the park. Fish are part of a healthy diet. To gain the health benefits in fish and protect your health, follow this advice.

## 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 Tips**

**Discussion:** 

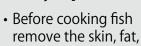
The Washington State Department of Health recommends that women who are or might become pregnant, nursing mothers, and children limit fish to 1 serving per week when mercury levels in fish tissue exceed 156 parts per billion (ppb), and to not eat fish with levels above 1000 ppb. Mercury collects in the muscle (fillet) of fish and cannot be reduced by cooking or removing skin, fat, or internal organs.

The National Park Service and the United States Geological Survey examined mercury concentrations in freshwater fish across 21 national parks in the western United States.

They found brook trout from some Olympic National Park mountain lakes had average mercury concentrations of 187 ppb, with larger individual fish having concentrations as high as 280 ppb. Cutthroat trout also had elevated mercury levels.

## **Questions?**

Olympic National Park Fish Program (360)565-3075 Department of Health Toll Free: 1-877-485-7316 Visit: www.doh.wa.gov/fish



- and internal organs.Eat younger and smaller fish (within legal limits).
- Eat a variety of fish.

