



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.



Mountain Lakes

How much can I eat?

Women 18 - 45
especially if pregnant



Children 1 - 17



2- 3 servings per week

Rainbow Trout



1 serving per week

**4 servings per month
of any combination
of these fish**

Women 46 and older
and not pregnant



Men 18 and older



7 servings per week

Rainbow Trout



3 servings per week

**12 servings per month
of any combination
of these fish**

HEALTHY CHOICE



Rainbow Trout

LIMIT



Brook Trout

Cutthroat Trout

How to Use this Table

Women under age 46 and children under age 18 should eat from either the green or yellow column, but not both.

If a child eats 1 serving of brook trout in a week, no other fish should be eaten that week.

If a 25 year-old woman eats 3 servings of rainbow trout in a week, no other fish should be eaten that week.

What is a serving?



For Adults For Children

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

Healthy Tips

- Before cooking fish remove the skin, fat, and internal organs.
- Eat younger and smaller fish (within legal limits).
- Eat a variety of fish.

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?

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