**Prepare Fish the Healthy Way**
Fish are part of a healthy diet. Salmon are the healthiest choice from the lower Duwamish River. They are nutritious and full of Omega-3s which are good for your heart and brain.

1. **Remove fat, skin, and internal organs.**
2. **Grill, bake, broil, or steam so fat drips off.** DON’T use fat drippings for sauces or soups.
3. **Eat younger, smaller fish (within legal limits).** They have less chemicals.

**Do you fish in King County?**
There are fish advisories due to pollution:
- **Duwamish River (Lower)**
- **Green Lake**
- **Lake Washington**
- **Puget Sound (Elliott Bay)**

Check local and statewide fish advisories at:
- [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)
- or call TOLL FREE: 1-877-485-7316

**FUN TO CATCH TOXIC TO EAT**

For more information visit:
- [www.kingcounty.gov/duwamish-fishing](http://www.kingcounty.gov/duwamish-fishing)
- duwamish@kingcounty.gov
Follow this advice to reduce your exposure to toxic chemicals (PCBs) found in the Lower Duwamish River:

**Healthy to Eat**
- 8-12 Meals per Month

**Limit to Eat**
- **4 Meals** per month
  - OR
- **2 Meals** per month

**Meal Size**
- One meal is about the size and thickness of your hand.

**Everyone**

**Do Not Eat**
- Especially WOMEN who are or may become PREGNANT, NURSING MOTHERS, and CHILDREN

- DO NOT EAT resident fish, shellfish, or crab from the Lower Duwamish River due to high levels of toxic chemicals.

- **Blackmouth Salmon**
- **Chinook (King)**
- **Resident Chinook caught during winter**
- **Coho**
- **Pink (Humpy)**
- **Sockeye**
- **Crab**
- **Clams**
- **Rockfish**
- **Perch**
- **Flounder/Sole**

**Crab**
- Flounder/Sole
- Rockfish
- Clams
- Perch
- Blackmouth Salmon
- Chinook (King)
- Resident Chinook caught during winter
- Coho
- Pink (Humpy)
- Sockeye