

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
or call TOLL FREE: 1-877-485-7316

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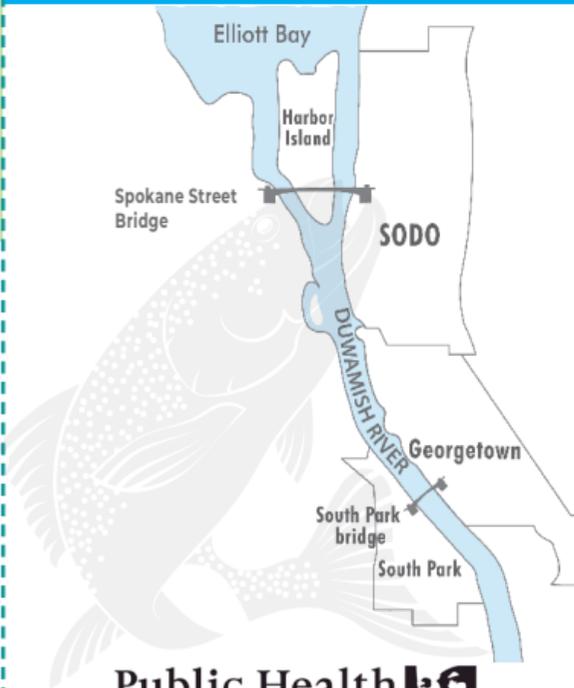
FUN TO CATCH TOXIC TO EAT

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON
Loại hải sản an toàn nhất để ăn từ sông Duwamish là cá hồi
El único pescado del río Duwamish que es seguro para comer es el salmón
ត្រីដែលចាប់ពីស្ទឹងឆ្នាំងមីស្ស មានតែត្រីសាលម៉ុងមួយគត់ដែលមានសុវត្ថុភាពសំរាប់បរិភោគ

For more information visit:

www.kingcounty.gov/duwamish-fishing
duwamish@kingcounty.gov

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON



Public Health 
Seattle & King County

Washington State Department of
Health

**HEALTHY TO EAT
8-12 MEALS
PER MONTH**



OR

**LIMIT TO EAT
4 MEALS
PER MONTH**



OR

**LIMIT TO EAT
2 MEALS
PER MONTH**



Follow this advice to reduce your exposure to toxic chemicals (PCBs) found in the Lower Duwamish River:

Chum



Coho



Pink
(Humpy)



Sockeye



Meal Size

One meal is about the size and thickness of your hand.

Chinook
(King)



Blackmouth
Salmon



Resident Chinook caught during winter

**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.



Crab



Clams



Rockfish



Perch



Flounder/Sole