

## National Fish Advisory:

The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who are pregnant or may become pregnant, nursing mothers, and young children to avoid eating fish that contain high levels of mercury, such as:

- shark
- swordfish
- king mackerel
- tilefish

Up to 12 ounces (two average meals) a week of a variety of fish and shellfish can be eaten. The most commonly eaten fish that are low in mercury are:

- shrimp
- canned light tuna
- salmon
- pollock
- catfish

Another commonly eaten fish, albacore ("white") tuna, has more mercury than canned light tuna. Up to six ounces (one average meal) of albacore tuna can be eaten per week.

**Did You Know?**  
Preparation techniques such as cooking, smoking, curing, and freezing do not reduce the health hazards from mercury.

## For More Information, Contact:

Utah Department of Health  
Environmental Epidemiology  
(801) 538-6191  
[www.health.utah.gov/enviroepi](http://www.health.utah.gov/enviroepi)

Utah Department of Environmental Quality  
Division of Water Quality  
(801) 538-6053  
[www.waterquality.utah.gov](http://www.waterquality.utah.gov)

Tri County Health Department  
Environmental Health  
(435) 781-5375  
[www.tricountyhealth.com/](http://www.tricountyhealth.com/)

Utah Department of Wildlife Resources  
Aquatic Section  
(801) 538-4760  
[www.wildlife.utah.gov](http://www.wildlife.utah.gov)



Fish consumption Advisory

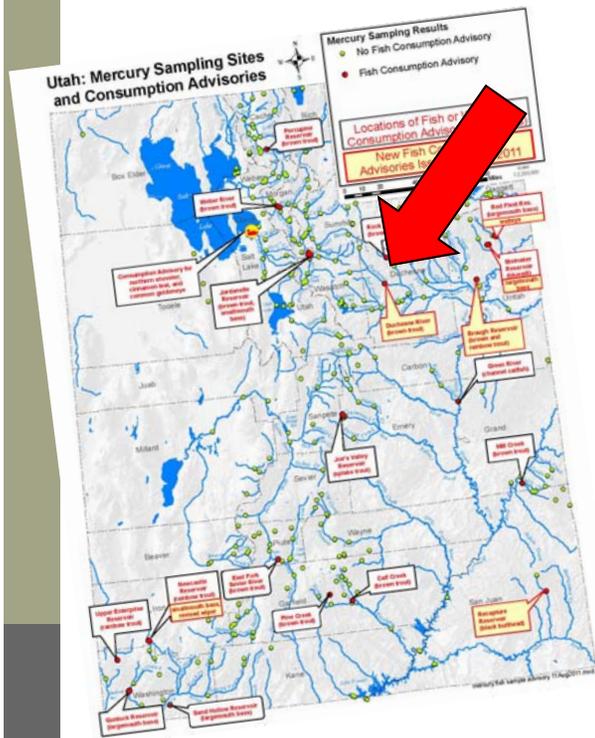
## *Duchesne River near Tabiona*



Brown Trout

January 2012

## Duchesne River:



**Did You Know?**  
Elevated levels of mercury have been found in Brown Trout from Duchesne River near Tabiona.

## Brown Trout:



## Fish Advisory:

Due to high mercury levels found in Brown Trout from Duchesne River, near Tabiona, Utah public health officials recommend the following guidelines:

### Brown Trout:

- Adults eat no more than two 8-ounce serving of these fish per month. (An 8-ounce serving of fish is approximately the size of two decks of cards).
- Pregnant women, nursing mothers, and children younger than 12 should **NOT** eat these fish.

No known mercury-related illnesses have been observed from eating brown trout from the Duchesne River.

Any health risks associated with eating the mercury contaminated fish are based on long-term consumption and not tied to eating fish occasionally.

## Benefits of Fish:

It is important to consider the benefits of eating fish as part of a balanced diet.

Fish are an excellent source of:

- protein
- vitamins
- minerals

Fish contain low levels of unsaturated fats (e.g., omega-3 polyunsaturated fatty acids) and have been associated with a reduced risk of heart disease.

Infants whose mothers eat omega 3 fatty acids during pregnancy, like those found in fish, may gain benefits such as longer gestation and better vision and brain development.

The American Heart Association recommends two servings of fish per week as part of a healthy diet.

**Did You Know?**  
Contaminated fish may not look, smell or taste different, but they can still be harmful.