

Did You Know?

Preparation techniques such as cooking, smoking, curing, and freezing **do not** reduce the health hazards from mercury in the fish.

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.

For More Information, Contact:

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

Utah Department of Environmental Quality
Division of Water Quality
(801) 538-6053
www.waterquality.utah.gov

Southwest Utah Public Health Department
Environmental Health
(435) 586-2437
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Utah Department of Wildlife Resources
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Newcastle Reservoir Rainbow Trout/ Wiper Fish Advisory

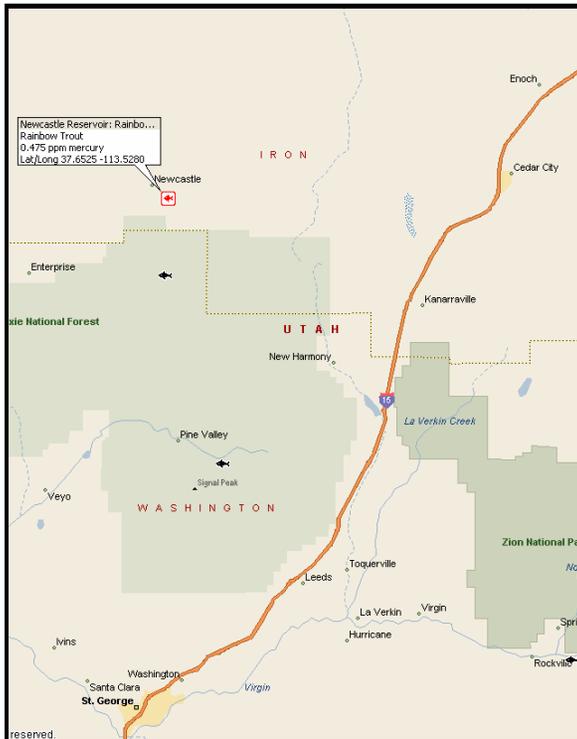
*Iron County,
Utah*

Public Health
Information



July 2009

Newcastle Reservoir



www.fishadvisories.utah.gov

Did You Know?

Elevated levels of mercury have been found in Rainbow Trout and Wiper from Newcastle Reservoir.

Newcastle Fish Advisory:

Due to high mercury levels found in **Rainbow Trout and Wiper** from Newcastle Reservoir, Utah Public Health Officials recommend the following guidelines:

Rainbow Trout:

- **Adults eat no more than one 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 under the age of 12 should NOT eat these fish.**

Wiper:

- **Adults: Do NOT Eat**
- **Pregnant women, nursing mothers, and children under the age of 12: Do NOT Eat**

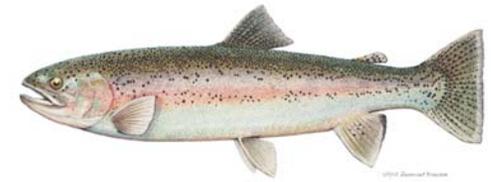
No known mercury-related illnesses have been observed yet from eating rainbow trout and wiper from Newcastle.

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



WIPER

Benefits of Fish:



RAINBOW TROUT

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.