

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

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

Southeastern Utah District

Health Department

Environmental Health

(435) 637-3671

www.southeastuthealth.org

Utah Department of Wildlife Resources

Aquatic Section

(801) 538-4760

www.wildlife.utah.gov

Recapture Reservoir Fish Consumption Advisory



Black Bullhead

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