Did You Know?

Contaminated fish may not look, smell, or taste different, but they can still be harmful.

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:

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

Utah Department of
Environmental Quality
Division of Water Quality
801-536-4314
www.waterquality.utah.gov

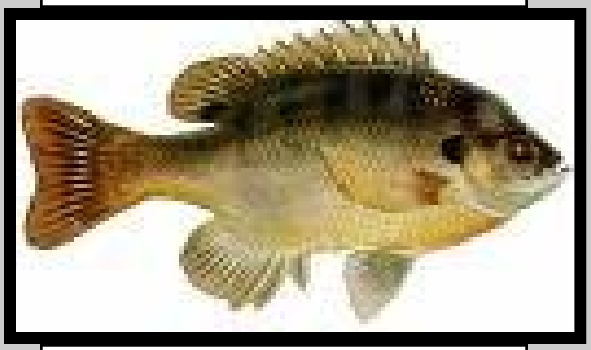
Utah Division of Wildlife Resources
Aquatic Section
801-538-4700
www.wildlife.utah.gov/fishing

TriCounty Health Department
Environmental Health
(435) 781-5375
www.tricountyhealth.com/

www.fishadvisories.utah.gov

UTAH DEPARTMENT OF HEALTH

Steinaker Reservoir

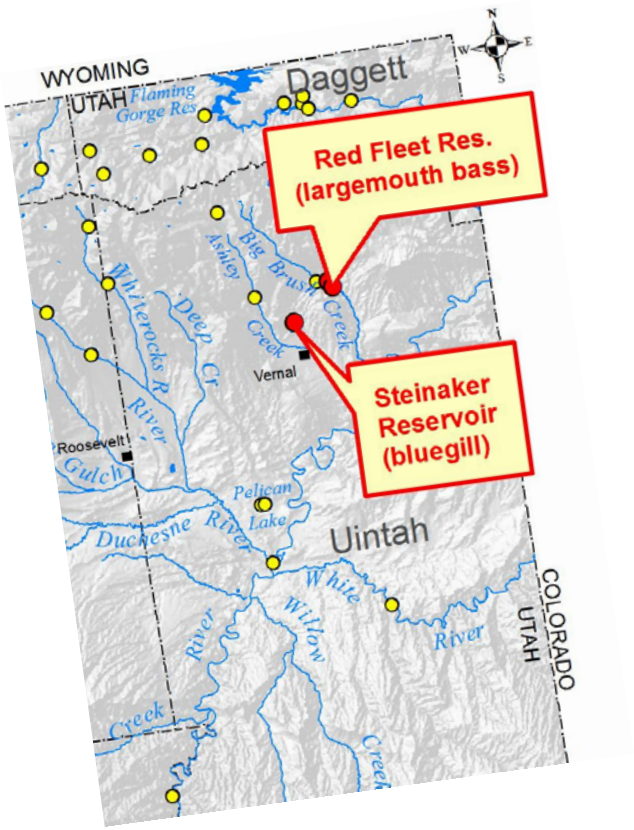


Bluegill& Largemouth Bass Fish Advisory

Uintah County, Utah
January 2012

Bluegill and Largemouth Bass Fish Advisory

Steinaker Reservoir



WARNING:
High levels of mercury have been found in Bluegill and Largemouth Bass from Steinaker Reservoir.

ADVISORY

Due to high mercury levels found in **Bluegill and Largemouth Bass** from Steinaker Reservoir, Utah public health officials recommend that:

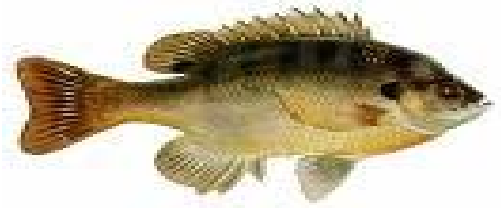
- **Adults eat no more than two 8-ounce servings of these fish per month.** (An 8-ounce serving of fish is approximately the size of two decks of cards.)
- **Pregnant women, nursing mothers, and children younger than 12 should NOT eat these fish.**

No known mercury-related illnesses have been observed from eating Bluegill in Steinaker Reservoir.

MERCURY

Mercury occurs naturally in the environment and can also be released into the air through industrial pollution. Once released into the air, mercury can travel long distances and can build up in bodies of water. Fish absorb the mercury as they feed in polluted waters. Over time, the amount of mercury in fish builds up. Mercury builds up more in some types of fish and shellfish than others, depending on what the fish eat.

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



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.