

## 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 in the fish.

### For more information, Contact:

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

Utah Department of  
Environmental Quality  
Division of Water Quality  
801-538-6146  
[www.waterquality.utah.gov](http://www.waterquality.utah.gov)

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

Wasatch County Health Department  
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## Warning: Fish Consumption Advisory for Mercury in Brown Trout from Jordanelle Reservoir



Wasatch County, Utah

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# Jordanelle



**Elevated levels of mercury have been found in brown trout from Jordanelle Reservoir.**

## How Much is Safe?

Due to elevated levels of mercury found in **brown trout and small mouth bass** from Jordanelle Reservoir, Utah Public Health Officials recommend the following guidelines:

### Brown Trout

- Adults eat no more than two 8-ounce servings of brown trout per month.
- Pregnant women, nursing mothers, and children should eat no more than one 4-ounce serving of brown trout per month ( 4-ounce serving of fish is approximately the size of a deck of cards).

### Small Mouth Bass

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

## What is 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. 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.

## Can Mercury Make Me Sick?

Eating too much fish containing mercury can harm your nervous system. Young children, unborn and breast-fed babies have a higher risk of injury from mercury since their nervous systems are still forming.

### Did You Know?

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

## What are the Benefits of Eating 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.

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