

Some Common Fish Found in King County's Marine and Freshwaters

Photo credits: WDFW, Duane Raver, Wildlife Conservancy, DOH, Windward, Oregon Department of Fish and Wildlife



Everyone should eat fish and shellfish as part of a healthy diet. They are nutritious and full of Omega-3s - good for your heart and brain. Going fishing can be relaxing and fun for the family!

In some places, contaminants (like mercury or PCBs) in the water can build up in seafood. Some types of seafood have more contaminants than others.

Look inside for Washington Department of Health's advice on healthy seafood choices at common fishing places in King County.

This advice is for everyone. It is especially important for pregnant women, women who may become pregnant, nursing mothers, and children.

What You Can Do

- Remove fat and skin of fish. Discard internal organs of fish and crab.
- Grill, bake, broil, or steam so fat drips off. **DON'T** use fat drippings for sauces or soups.
- Eat younger, smaller fish (within legal limits).
- Eat a variety of fish from different places.
- Follow recommended number of servings per week or month. Example: If you eat 2-3 servings of rainbow trout this week, do not eat other seafood (caught or bought).

Keep Up To Date



Fishing License, Regulations & Seasons
1-360-902-2500
fishregs@dfw.wa.gov
<http://wdfw.wa.gov/fishing/regulations>



Fish Consumption Advisories
1-877-485-7316
www.doh.wa.gov/fish



Current Beach Closures for Shellfish Digging
1-800-562-5632
www.doh.wa.gov/shellfishsafety.htm



Current Toxic Algae Blooms in Lakes
Washington State Toxic Algae Program
<https://www.nwtoxicalgae.org/>



cover photo: Oregon Department of Fish and Wildlife
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PROTECT YOUR HEALTH

Fish for Healthy Seafood Choices

HEALTHY CHOICE
EAT FISH. BE SMART.

KING COUNTY LAKES MAP
Also available:
KING COUNTY SALTWATER & RIVERS MAP

Washington State Department of Health
Public Health
Seattle & King County

Fish for Healthy Seafood Choices Lakes

2-3 Meals per Week

1 Meal per Week

Meals per Month

Do Not Eat

Sockeye Salmon
Rainbow Trout
Pumpkin Seed

Black Crappie
Yellow Perch
Other Game Fish
(see WDFW regulations)

Cutthroat Trout
1 meal per month

Largemouth & Smallmouth Bass
See Legend*

Northern Pike
minnow
Carp

Seward Park
5895 Lake Washington Blvd S
Seattle

Gene Coulon Park
1201 Lake Washington Blvd N
Renton

2-3 Meals per Week

1 Meal per Week

Meals per Month

Do Not Eat

Rainbow Trout

Rock Bass
Channel Catfish
Other Game Fish
(see WDFW regulations)

Carp
1 meal per month

Largemouth Bass
See Legend*

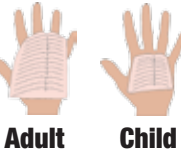
Greenlake Park
7201 E Greenlake Dr N
Seattle

Legend

Fishing Site Amenities

- Bus Stop Nearby
- Paid Parking
- Fishing Pier
- Motor Boat Launch
- Picnic Area
- Playground
- Lake Stocked with Rainbow Trout

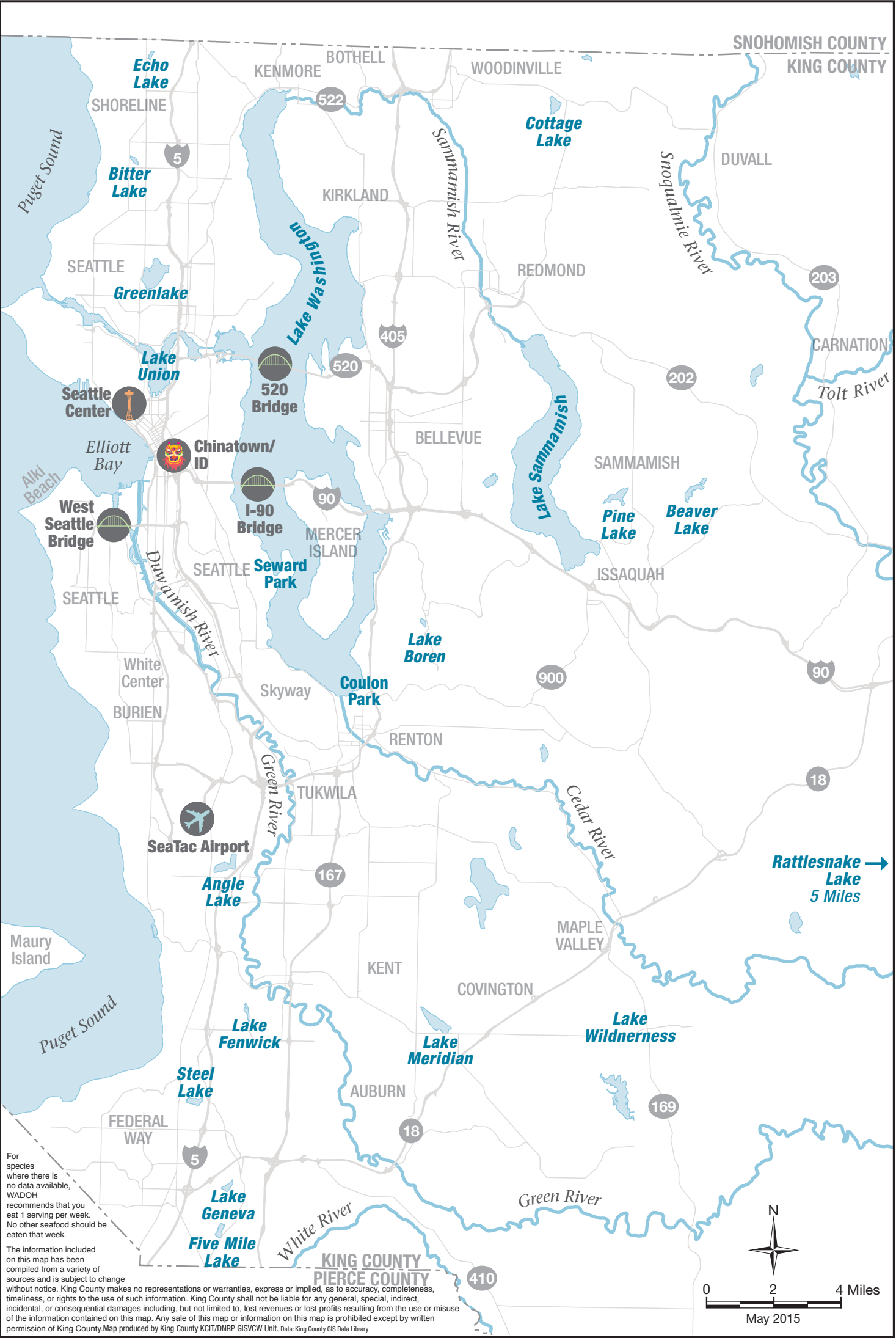
Serving (Meal) Size
One serving is about the size and thickness of your hand. Give children smaller servings.



Fish Consumption Advice

- Fish is healthy to eat 2-3 meals per week
- Limit to 1 meal per week
- Caution
 - * Largemouth Bass
 - * Smallmouth Bass
- 2 servings per month
 - 18-45
 - 1-17
- 5 servings per month
 - 46+
 - 18+

Do not eat due to high contaminants



2-3 Meals per Week

1 Meal per Week

Meals per Month

Do Not Eat

Sockeye Salmon
Kokanee
Rainbow Trout

Black Crappie
Yellow Perch

Other Game Fish
(see WDFW regulations)

Largemouth & Smallmouth Bass
See Legend*

Northern Pike
minnow

Angle Lake
19408 International Blvd
SeaTac

Beaver Lake
2526 244th Ave S
Sammamish

Bitter Lake
13035 Linden Ave N
Seattle

Lake Boren
13058 SE 84th Wy
Newcastle

Cottage Lake
18801 NE Woodinville Duvall Rd
Woodinville

Echo Lake
1521 N 200th St
Shoreline

Lake Fenwick
25828 Lake Fenwick Rd
Kent

Five Mile Lake
36429 44th Ave S
Federal Way

Lake Geneva
(Beede's)
46th Ave S & S 244th St
Federal Way

Lake Meridian
14800 SE 272nd St
Kent

Pine Lake
2401 228th Ave SE
Sammamish

Rattlesnake Lake
19901 Cedar Falls Rd SE
North Bend

Lake Sammamish State Park
2000 NW Sammamish Rd
Issaquah

Steel Lake
2410 S 312th St
Federal Way

Lake Union
(Fairview Park)
2900 Fairview Ave E
Seattle

Lake Wilderness
22500 SE 248th St
Maple Valley