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

1. Remove fat and skin of fish. Discard internal organs of fish and crab.
2. Grill, bake, broil, or steam so fat drips off. DON’T use fat drippings for sauces or soups.
3. Eat younger, smaller fish (within legal limits).
4. Eat a variety of fish from different places.
5. 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/
Fish for Healthy Seafood Choices

Lakes

Special Advice for Lake Washington

- Sockeye Salmon
- Kokanee
- Rainbow Trout
- Pumpkin Seed
- Black Crappie
- Yellow Perch
- Other Game Fish

Legend

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

- Special Advice for Greenlake

- Rainbow Trout
- Rock Bass
- Channel Catfish
- Other Game Fish
- Carp
- Largeemouth Bass
- Smallmouth Bass

Seward Park
5895 Lake Washington Blvd S
Seattle

Gene Coulon Park
1201 Lake Washington Blvd N
Renton

Legend

- Fish Consumption Advice
  - Fish is healthy to eat 2-3 meals per week
  - Limit to 1 meal per week
  - Caution
    * Largemouth Bass
    * Smallmouth Bass

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

- Do Not Eat due to high contaminants
  - Adult
  - Child

General Advice for Other Common Lakes

- 2-3 Meals per Week
- 1 Meal per Month
- Do Not Eat

- Sockeye Salmon
- Kokanee
- Rainbow Trout
- Pumpkin Seed
- Black Crappie
- Yellow Perch
- Other Game Fish

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

- Beaver Lake
  2525 S 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 Geneva
  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
  2900 SW Sammamish Rd
  Issaquah

- Steel Lake
  2410 S 312th St
  Federal Way

- Lake Union
  (Fairview Park)
  2900 Fairview Ave E
  Seattle

- Five Mile Lake
  36429 44th Ave S
  Federal Way

- Lake Wilderness
  22500 SE 248th St
  Maple Valley