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**
  - Phone: 1-360-902-2500
  - Fishreg@dfw.wa.gov
  - http://wdfw.wa.gov/fishing/regulations

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

- **Current Beach Closures for Shellfish Digging**
  - Phone: 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

Saltwater and Rivers

Seafood Choices

- Spot Prawn
- Red Rock Crab
- Dungeness Crab
- Rock Sole
- Starry Flounder
- Pink, Sockeye, Chum, Coho, Salmon

Special Advice for Puget Sound

- Salmon, Chum, Coho, Pink, Sockeye
- Rockfish, Brown, Guiltback, Copper Cabezon
- Largemouth & Smallmouth Bass

Special Advice for Elliott Bay

- Salmon, Chum, Coho, Pink, Sockeye
- Red Rock Crab
- Spot Prawn

General Advice for Other Common Rivers

- Salmon, Sockeye, Cutthroat Trout, Rainbow Trout
- Other Game Fish (see WDFW regulations)
- Largemouth & Smallmouth Bass
- Northern Pikeminnow

Special Advice for Lower Duwamish River

- Salmon, Chum, Coho, Pink, Sockeye
- Blackmouth Salmon
- Starry Flounder, English Sole, Perch, Rockfish, Crab, Clams, Mussels

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

As per WADOH recommendation, do not eat certain species and sizes depending on the river. This is to prevent potential health risks.

Legend

- Fishing Site Amenities
- Fish Consumption Advice

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