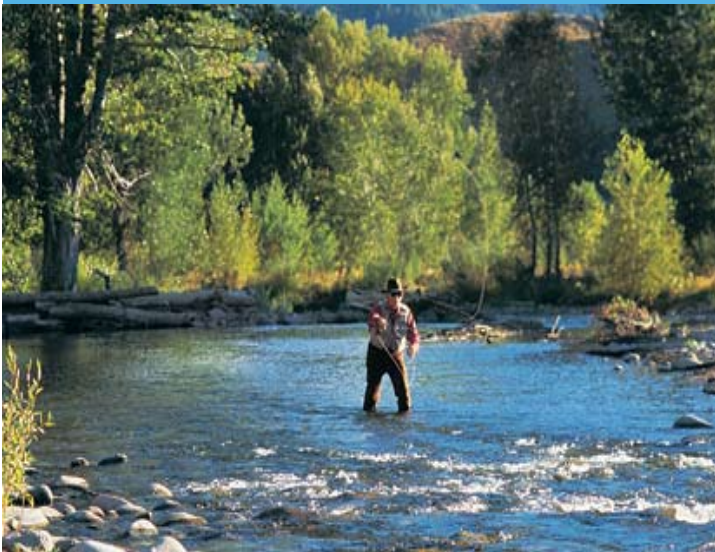




# **Eat Fish, Be Smart, Choose Wisely**

A guide to safe fish consumption for fish caught in Idaho waters



Idaho Department of Health and Welfare  
Bureau of Community and Environmental Health  
866.240.3553

## Benefits of Eating Fish

Eating fish on a regular basis can be beneficial to both adults and children. Fish are a good source of protein, vitamins, minerals and Omega-3 fatty acids. Omega-3 fatty acids found in fish can help the healthy development of babies during pregnancy, babies who are breastfed, and older, still developing children. The American Heart Association also recommends eating two meals of fish per week to benefit the heart and reduce heart disease.

## Risks of Eating Fish

Some species of fish found in Idaho waters have levels of contaminants, such as mercury, that can be dangerous to the developing child if too much is eaten. It is important for women of childbearing age, those pregnant, planning to become pregnant, or nursing; and children under the age of 15 to limit consumption of these types of fish. If too much fish high in contaminants is eaten, children may have delayed or impaired physical, mental or behavioral development. The following guide will help you safely choose fish that will benefit you and your children while keeping you safe from harmful contaminants.

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**Section II: .....Meal Size**

**Section III: .....Fish Consumption Advisory**



# Safe Tips for Cleaning, Cooking & Eating Fish:

1. Eat a variety of fish from a variety of sources including store-bought fish.
2. For all types of fish, eat the ones that are smaller. Smaller fish tend to be lower in contaminants.
3. Mercury cannot be trimmed or cooked away from fish. **Choose species that are low in mercury.** [Click]
4. Most contaminants (except mercury) collect in fat. Avoid fatty fish like Carp and Catfish.

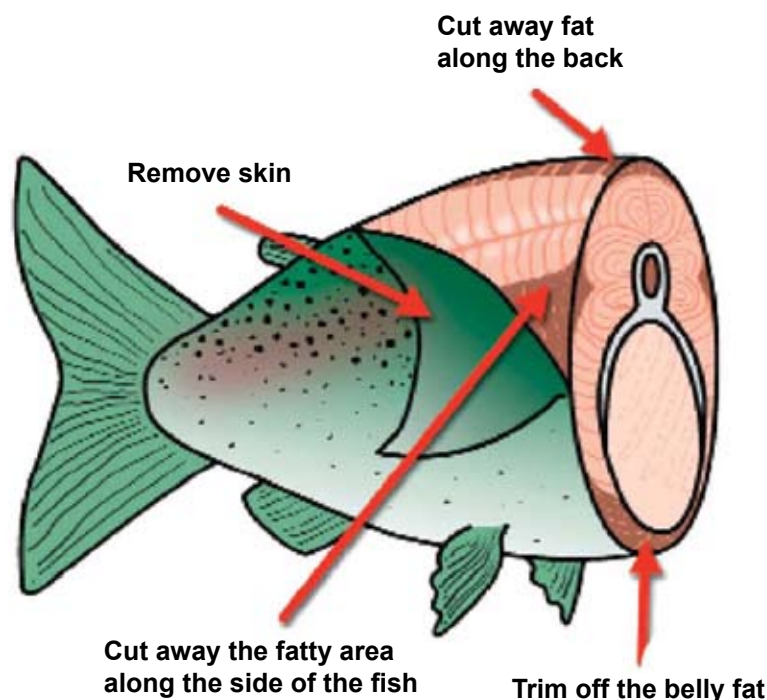
5. Trimming and Cooking (See diagram below)

- Remove skin before cooking. This allows fat to drain off during cooking.
- Trim off fat, especially belly fat.
- Bake or broil fish on a rack so the fat drips away. Throw away the liquid fat and drippings.
- Do not re-use oils used to deep or pan fry fish.
- **[CLICK HERE TO SEE VIDEO ON HOW TO PROPERLY FILLET A FISH](#)**



6. Avoid eating Brown Trout if they are over 12 inches.

7. Pregnant women, women planning to become pregnant, nursing and children under 15 should not eat Shark, Tilefish, King Mackerel or Swordfish. The U.S. FDA has found these species contain high amounts of mercury.



# What is a Meal of Fish?

The amount of fish you can safely eat in a meal depends on your body weight. A person's weight is important because body size affects the amount of contaminants that the body can get rid of without health effects.

If you weigh 150 pounds, you can safely eat up to 8 ounces (precooked weight) of fish in a meal. To adjust the meal size for lighter or heavier weight, subtract or add 1 ounce of fish for every 20 pound difference in body weight. For example:

- A 130 pound person can safely eat 7 ounces (precooked weight) of fish in a meal.
- A 170 pound person can safely eat 9 ounces (precooked weight) of fish in a meal.
- A 70 pound child can safely eat 4 ounces (precooked weight) of fish in a meal.
- A 30 pound child can safely eat 2 ounces (precooked weight) of fish in a meal.



## Easy Tip:

A seafood meal appropriate for your body size is about the size and thickness of your hand.



# Consumption Advisories

## Statewide Mercury Advisory For Bass:

A statewide advisory has been issued for all lakes, rivers, reservoirs and other water bodies in Idaho for **BASS** due to mercury contamination. To be safe it is recommended that:

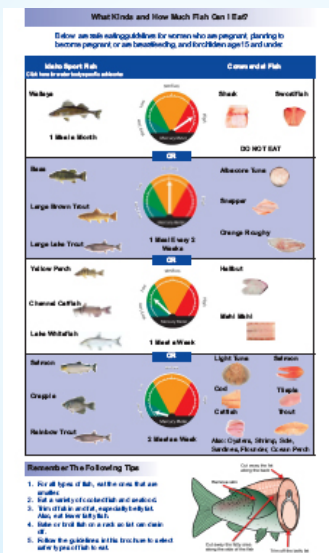
- Women who are pregnant, planning to become pregnant, nursing and children under age 15 should not eat more than 2 meals a **MONTH** of Bass.
- The general population (women not of child bearing age, those older than age 15) should not eat more than 8 meals a **MONTH** of Bass.
- All people **SHOULD NOT** eat any other fish during the month if you eat these amounts of Bass caught in Idaho.

## Store-Bought Fish Advisory:

The Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA) have issued a joint advisory for women who are pregnant, nursing, or planning to become pregnant and for young children. They recommend that these women and children do not eat Shark, Swordfish, King Mackerel, or Tilefish. Other EPA and FDA recommendations include:

- Eat up to 2 meals a week of a variety of fish and shellfish that are lower in mercury such as Shrimp, canned Light Tuna, Salmon, and Pollock.
- Limit meals of Albacore Tuna to 2 meals a month. Albacore ("white") tuna has higher levels of mercury.

## Safe Eating Guidelines for Pregnant Women, Women Planning to become Pregnant, Nursing and Children under age 15:



(Click on image to read advisory)

## Water Body Specific Advisories for Idaho:

Click on the following maps to check water body specific advisories

**North Idaho**

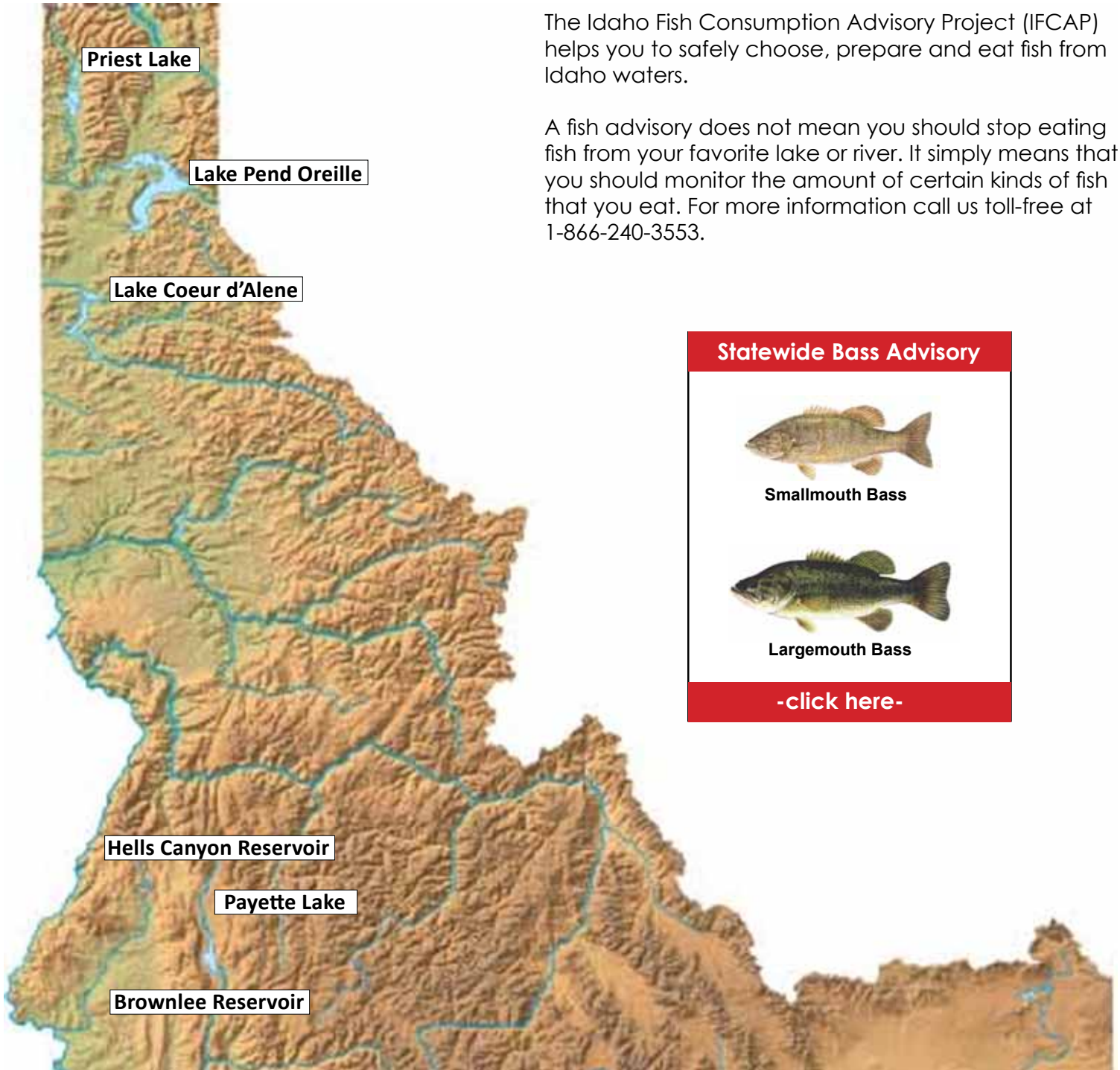


**South Idaho**



# North Idaho Fish Consumption Advisory for Selected Waters

Click on the name of the lake or water body to read the fish advisory for that body of water



The Idaho Fish Consumption Advisory Project (IFCAP) helps you to safely choose, prepare and eat fish from Idaho waters.

A fish advisory does not mean you should stop eating fish from your favorite lake or river. It simply means that you should monitor the amount of certain kinds of fish that you eat. For more information call us toll-free at 1-866-240-3553.

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass


[-click here-](#)

# South Idaho Fish Consumption Advisory for Selected Waters


The Idaho Fish Consumption Advisory Project (IFCAP) helps you to safely choose, prepare and eat fish from Idaho waters.

A fish advisory does not mean you should stop eating fish from your favorite lake or river. It simply means that you should monitor the amount of certain kinds of fish that you eat. For more information call us toll-free at 1-866-240-3553.

**Statewide Bass Advisory**



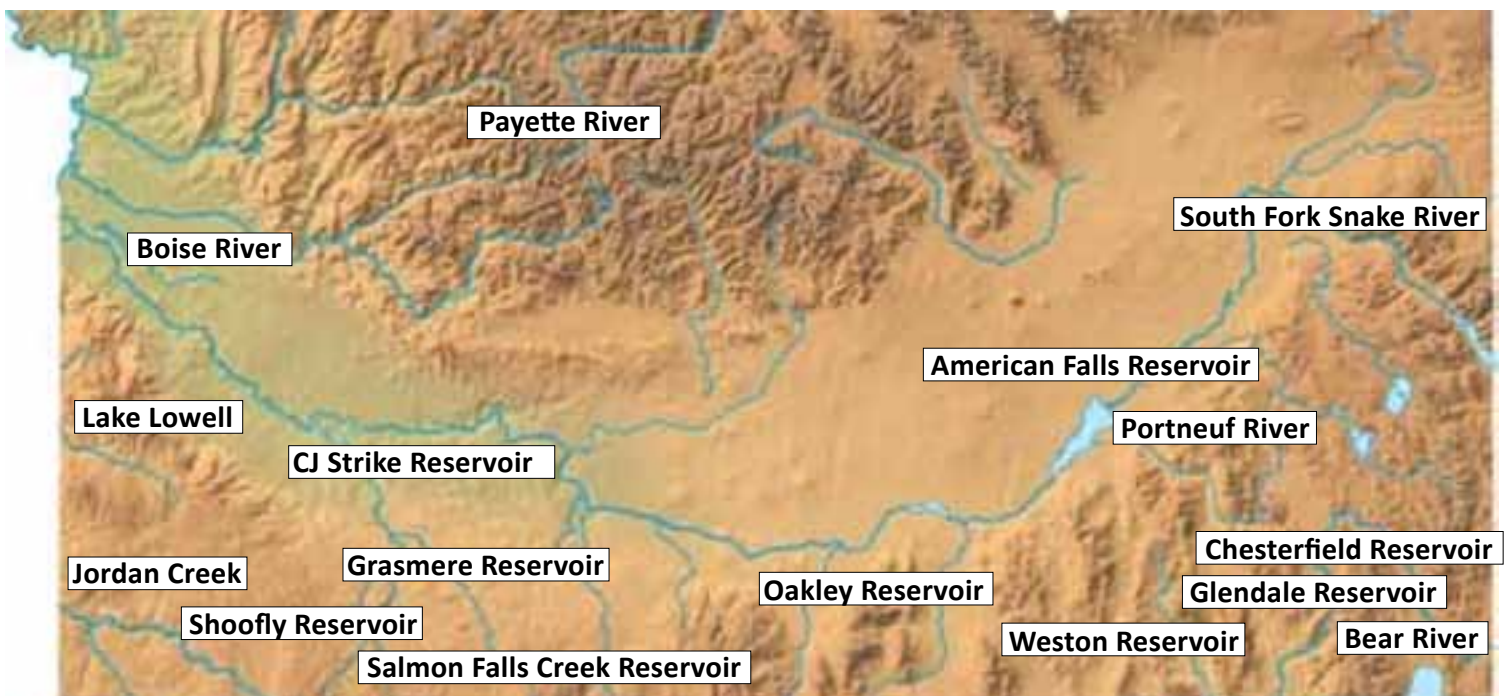
**Smallmouth Bass**



**Largemouth Bass**

[-click here-](#)

Click on the name of the lake or water body to read the fish advisory for that body of water



# American Falls Reservoir



Utah Sucker

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
2 meals per month of Utah Sucker**

**Children under 15 years of age:**

**Do Not Eat More Than:  
2 meals per month of Utah Sucker**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
8 meals per month of Utah Sucker**



# Bear River



Carp

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
4 meals per month of Carp**

**Children under 15 years of age:**

**Do Not Eat More Than:  
4 meals per month of Carp**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
14 meals per month of Carp**

# Boise River



Catfish

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
3 meals per month of Catfish**

**Children under 15 years of age:**

**Do Not Eat More Than:  
3 meals per month of Catfish**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
11 meals per month of Catfish**

# Brownlee Reservoir



Carp



Catfish



Crappie



Perch

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:**

**2 meals per month of Carp**

**2 meals per month of Catfish**

**3 meals per month of Crappie**

**2 meals per month of Perch**

**Children under 15 years of age:**

**Do Not Eat More Than:**

**2 meals per month of Carp**

**2 meals per month of Catfish**

**3 meals per month of Crappie**

**2 meals per month of Perch**

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:**

**8 meals per month of Carp**

**8 meals per month of Catfish**

**10 meals per month of Crappie**

**8 meals per month of Perch**

# Chesterfield Reservoir



Rainbow Trout

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
4 meals per month of Rainbow Trout**

**Children under 15 years of age:**

**Do Not Eat More Than:  
4 meals per month of Rainbow Trout**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
14 meals per month of Rainbow Trout**

# CJ Strike Reservoir

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
2 meals per month of Bass**

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Children under 15 years of age:**

**Do Not Eat More Than:  
2 meals per month of Bass**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
8 meals per month of Bass**

# Glendale Reservoir



Crappie



Perch



Bluegill

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:**  
**3 meals per month of Crappie**  
**3 meals per month of Perch**  
**4 meals per month of Bluegill**

**Children under 15 years of age:**

**Do Not Eat More Than:**  
**3 meals per month of Crappie**  
**3 meals per month of Perch**  
**4 meals per month of Bluegill**

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:**  
**10 meals per month of Crappie**  
**10 meals per month of Perch**  
**14 meals per month of Bluegill**

# Grasmere Reservoir



Lahontan Cutthroat Trout

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
3 meals per month of Lahontan  
Cutthroat Trout**

**Children under 15 years of age:**

**Do Not Eat More Than:  
3 meals per month of Lahontan  
Cutthroat Trout**

**General public  
(people not in the first two  
groups):**

**Do Not Eat More Than:  
10 meals per month of Lahontan  
Cutthroat Trout**

# Hells Canyon Reservoir



Carp



Catfish

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
2 meals per month of Carp  
2 meals per month of Catfish**

**Children under 15 years of age:**

**Do Not Eat More Than:  
2 meals per month of Carp  
2 meals per month of Catfish**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
8 meals per month of Carp  
8 meals per month of Catfish**



# Jordan Creek



Redband Trout

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
2 meals per month of Redband Trout**

**Children under 15 years of age:**

**Do Not Eat More Than:  
2 meals per month of Redband Trout**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
8 meals per month of Redband Trout**

# Lake Coeur d'Alene



Kokanee



Bullhead

All people are advised to eat Bullhead fillets rather than gutted whole fish.

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

## Other Fish

Kokanee and Bullhead are similar to many fish in the lake that were not tested. It is possible that these fish have high levels of lead, arsenic and mercury, and the guidelines above should be followed for these fish:

**For:** Bluegill, Crappie and Perch less than 8 inches, Pumpkinseed, Rainbow Trout, Brook Trout, Cutthroat Trout & Tench, follow Kokanee guidelines

**For:** Channel Catfish and Suckers, follow Bullhead guidelines

## Pregnant women, women who are nursing or planning to become pregnant:

<b>Kokanee</b> <i>All CDA lakes</i>	<b>10 gutted whole fish meals or 10 fillet meals per month</b>
<b>*Bullhead</b> <i>Northern lake</i>	<b>4 gutted whole fish meals or 24 fillet meals per month</b>
<i>Central lake</i>	<b>2 gutted whole fish meals or 13 fillet meals per month</b>
<i>Southern lake</i>	<b>3 gutted whole fish meals or 15 fillet meals per month</b>

## Children under 15 years of age:

<b>Kokanee</b> <i>All CDA lakes</i>	<b>6 gutted whole fish meals or 6 fillet meals per month</b>
<b>*Bullhead</b> <i>Northern lake</i>	<b>3 gutted whole fish meals or 14 fillet meals per month</b>
<i>Central lake</i>	<b>NO gutted whole fish meals or 7 fillet meals per month</b>
<i>Southern lake</i>	<b>8 gutted whole fish meals or 9 fillet meals per month</b>

## General public (people not in the first two groups):

<b>Kokanee</b> <i>All CDA lakes</i>	<b>12 gutted whole fish meals or 20 fillet meals per month</b>
<b>*Bullhead</b> <i>Northern lake</i>	<b>20 gutted whole fish meals or 69 fillet meals per month</b>
<i>Central lake</i>	<b>8 gutted whole fish meals or 14 fillet meals per month</b>
<i>Southern lake</i>	<b>33 gutted whole fish meals or 61 fillet meals per month</b>

\*People with increased blood lead levels or living in an area with high concentrations of lead in their yard soil or house dust should eat less whole Bullhead than suggested in this advisory. **This is especially true for children and pregnant women.**

# Lake Lowell



Sucker



Carp

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
3 meals per month of Sucker  
4 meals per month of Carp**

**Statewide Bass Advisory**



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Children under 15 years of age:**

**Do Not Eat More Than:  
3 meals per month of Sucker  
4 meals per month of Carp**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
10 meals per month of Sucker  
14 meals per month of Carp**

# Lake Pend Oreille



Lake Trout



Whitefish

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
1 meal per month of Lake Trout  
4 meals per month of Whitefish**

**Children under 15 years of age:**

**Do Not Eat More Than:  
1 meal per month of Lake Trout  
4 meals per month of Whitefish**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
5 meals per month of Lake Trout  
14 meals per month of Whitefish**

# Oakley Reservoir



Yellow Perch



Walleye

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
4 meals per month of Yellow Perch  
2 meals per month of Walleye**

**Children under 15 years of age:**

**Do Not Eat More Than:  
4 meals per month of Yellow Perch  
2 meals per month of Walleye**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
14 meals per month of Yellow Perch  
8 meals per month of Walleye**

# Payette Lake



Lake Trout

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
2 meals per month of Lake Trout**

**Children under 15 years of age:**

**Do Not Eat More Than:  
2 meals per month of Lake Trout**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
7 meals per month of Lake Trout**

# Payette River



Sucker

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
4 meals per month of Sucker**

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Children under 15 years of age:**

**Do Not Eat More Than:  
4 meals per month of Sucker**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
14 meals per month of Sucker**

# Portneuf River



Cutthroat Trout



Rainbow Trout



Brown Trout

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
3 meals per month of ALL Trout**

**Children under 15 years of age:**

**Do Not Eat More Than:  
3 meals per month of ALL Trout**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
10 meals per month of ALL Trout**



# Priest Lake



Lake Trout

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
4 meals per month of Lake Trout**

**Children under 15 years of age:**

**Do Not Eat More Than:  
4 meals per month of Lake Trout**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
14 meals per month of Lake Trout**

# Salmon Falls Creek Reservoir



Perch



Walleye



Smallmouth Bass



Rainbow Trout

## **Pregnant women, women who are nursing or planning to become pregnant:**

### **Do Not Eat More Than:**

**2 meals per month of Perch**

**2 meals per month of Walleye (under 16 inches)**

**DO NOT EAT Walleye (over 16 inches)**

**DO NOT EAT Bass**

**6 meals per month of Rainbow Trout**

## **Children under 15 years of age:**

### **Do Not Eat More Than:**

**2 meals per month of Perch**

**2 meals per month of Walleye (under 16 inches)**

**DO NOT EAT Walleye (over 16 inches)**

**DO NOT EAT Bass**

**6 meals per month of Rainbow Trout**

## **General public (people not in the first two groups):**

### **Do Not Eat More Than:**

**10 meals per month of Perch**

**10 meals per month of Walleye (under 16 inches)**

**6 meals per month of Walleye (16-20 inches)**

**2 meals per month of Walleye (over 20 inches)**

**6 meals per month of Bass**

**22 meals per month of Rainbow Trout**

# Shoofly Reservoir



Lahontan Cutthroat Trout

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
2 meals per month of Lahontan  
Cutthroat Trout**

**Children under 15 years of age:**

**Do Not Eat More Than:  
2 meals per month of Lahontan  
Cutthroat Trout**

**General public  
(people not in the first two  
groups):**

**Do Not Eat More Than:  
8 meals per month of Lahontan  
Cutthroat Trout**

# South Fork Snake River



Brown Trout

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
4 meals per month of Brown Trout**

**Children under 15 years of age:**

**Do Not Eat More Than:  
4 meals per month of Brown Trout**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
14 meals per month of Brown Trout**

# Weston Reservoir



Yellow Perch

## Statewide Bass Advisory



Smallmouth Bass



Largemouth Bass

[-click here-](#)

**Pregnant women, women who are nursing or planning to become pregnant:**

**Do Not Eat More Than:  
3 meals per month of Yellow Perch**

**Children under 15 years of age:**

**Do Not Eat More Than:  
3 meals per month of Yellow Perch**

**General public  
(people not in the first two groups):**

**Do Not Eat More Than:  
10 meals per month of Yellow Perch**