

Fish Advisory- PCBs in Carp & Channel Catfish Utah Lake



Warning

Contaminated fish may not look, smell or taste different, but they can still be harmful. Therefore, women who may become pregnant, pregnant women, nursing mothers and children should not eat carp from Utah Lake.

For More Information:

Utah Department of Health
801-538-6191
www.fishadvisories.utah.gov
www.health.utah.gov/enviroepi

Department of Environmental Quality
Division of Water Quality
www.waterquality.utah.gov
801-538-6146

Department of Natural Resources
www.nr.utah.gov
801-538-4700

Utah County Health Department
www.utahcountyonline.org
801-851-7525

288 North 1460 West
PO Box 142104
Salt Lake City, Utah 84114

Phone: 801-538-6191
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www.health.utah.gov/enviroepi



Fish Consumption Advisory...

Utah Lake

PCBs in Carp & Channel Catfish

Advisory

Due to high PCBs levels found in **carp & channel catfish** from Utah Lake, Utah public health officials recommend that:

- **Adults eat no more than one 4-ounce fillet serving of carp or channel catfish per month.**
- **Women who may become pregnant, pregnant women, nursing mothers, and children should not eat carp or channel catfish from Utah Lake.**
- **The offal (all tissue except the fillet) of any fish species tested from Utah Lake in this study (i.e. black bullhead, channel catfish, common carp, walleye, and white bass) should not be consumed due to high levels of PCBs.**

No known PCB-related illnesses have been associated with eating the fish from Utah Lake.

Any health risks associated with eating PCB-contaminated fish are based on long-term consumption and not tied to eating fish occasionally. There is no health risk associated with other uses of Utah Lake, such as swimming, boating and waterskiing.

WARNING:

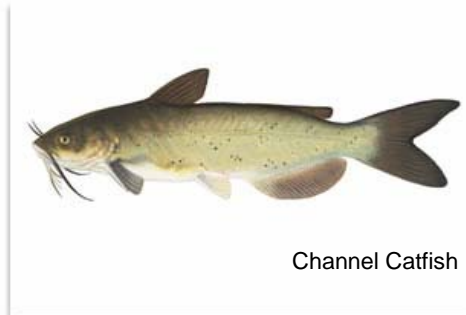
Elevated levels of PCBs have been found in Carp & Channel Catfish from Utah Lake

PCBs

Polychlorinated biphenyls (PCBs) are mixtures of up to 209 individual chlorinated compounds (known as congeners). Small aquatic organisms and fish take up PCBs through their diet. They are in turn taken up by other animals that eat these aquatic organisms. PCBs accumulate in fish and marine mammals, reaching levels that may be many thousands of times higher than in the water in which they live. PCBs accumulate at higher concentrations in fatty tissues than in muscle tissue.

Eating only the fillet portions of fish may reduce consumption of PCBs.

Higher levels of PCBs are found in bottom-feeders such as channel catfish and carp, than in predatory fish.



Channel Catfish



Carp

Benefits of Fish

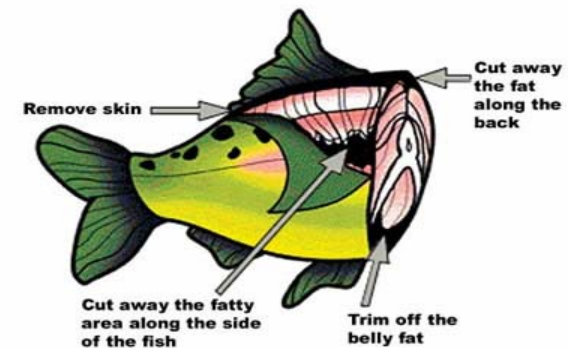
It is important to consider the benefits of eating fish as part of a balanced diet. Fish are an excellent source of:

- protein, vitamins & minerals

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

Added tips for eating fish, include...

1. Eat smaller, younger fish.
2. Clean, fillet and cook fish properly.
3. Eat a variety of cooked fish.
4. Eat fish from water bodies that do not have fish consumption advisories.



COOKING TIPS

Grill, bake or broil the fish.

By letting the fat drain away, you can remove some of the PCBs stored in the fatty part of the fish you eat!