

Great Salt Lake

Guide to eating waterfowl safely



Adults*

Meal size
8 oz

4

Maximum
meals per
month



WCB**
Children 6-16 yrs

Meal size
8 oz

1

Maximum
meals per
month



Pregnant women
Children <6 yrs

Meal size
4 oz

**Do not
eat**

Why is there a consumption advisory?

Common goldeneye from the Great Salt Lake have high levels of mercury in them making them unsafe to eat in large amounts. Mercury is a heavy metal that can harm your health. Pregnant women and children under six are especially vulnerable to harmful effects of mercury.

How can I reduce my risk?

You can't remove mercury by any cooking or cleaning methods. Instead, follow the monthly meal recommendations on the left to safely eat Common goldeneye from the Great Salt Lake.

Common goldeneye



Male



Female

***Adults**—Men over 16 yrs.; Women over 50 yrs.

****WCB**—Women of childbearing age (16-50 yrs.)

Serving size

A serving of is about the size and thickness of your hand. Pregnant or breastfeeding women and children should have smaller servings.

For adults



8 ounces

For children and pregnant women



4 ounces

Contact info

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