

LAMPREY CONSUMPTION ADVISORY



Oregon Health Authority has issued a Consumption Advisory for Pacific lamprey collected in the **Columbia River and its tributaries in Oregon.**

OHA recommends people to limit consumption of lamprey (eels) to:

2 SERVINGS PER MONTH

4 SERVINGS PER MONTH



Children under 6



Those who are pregnant or who may become pregnant



If nursing a baby



People with thyroid or immune system problems



Children 6+ and teens



Adults

OHA sampled Pacific lamprey from the rivers listed above and found **PCBs** and **mercury** (both can impair brain development and immune system function, especially in developing fetuses, babies, and children). The levels were similar among all three rivers, which leads scientists to suspect the contaminants came from the lamprey's time in the ocean.

Cooking and Serving Lamprey



Preparation methods that allow fats to drop off the meat such as **smoking, drying, or grilling** can reduce the PCB concentration levels. The oils and fats in the fish are where PCBs accumulate.

An **adult serving** is **8-oz**, which is about one of the pieces in the photo.

A **child serving** is half that (**4-oz**).

Babies, children, people with thyroid or immune system problems, and those who are pregnant, planning to become pregnant, or are nursing should take extra efforts to follow this advisory.

The health effects on developing fetuses, babies, and small children of eating contaminated fish can include lifelong learning problems and cancer.

This advisory recommends limiting lamprey consumption, **not removing it from your diet**. Fish (including lamprey) are a healthy food source and rich in nutrients like omega-3 fatty acids. Omega-3s provide protection from heart disease and are an important brain food for you, your children, and your unborn child.



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