

# WHAT'S IN YOUR FISH, OKLAHOMA?

## A study of mercury in Grand Lake and Lake Hudson fish



### Why eat local fish?

Fish are healthy, low-fat, and full of protein and nutrients. The American Heart Association recommends eating fish at least twice a week. Plus, fishing is fun and a great way to connect with the environment and your neighbors!



### There's WHAT in my fish?

But, fish also can have pollutants like mercury and PCBs. Federal and state agencies have come up with guidelines so that people can avoid harmful pollutants and still enjoy the benefits of fish.



### What's the Grand Lake Watershed Mercury Study all about?

We tested over 1,100 fish from the Grand Lake watershed and Lake Hudson, including over 25 species of fish. Lots of people eat fish from these lakes, and there are nearby and distant coal-fired power plants that can be sources of mercury. We wanted to know if fish in these lakes are high in mercury.



### Good news...

Around 97% of the fish we tested from the Grand Lake watershed and Lake Hudson had mercury levels below the US EPA's guideline for women of childbearing age and children who eat fish 2 to 3 times a *month*.

And 80% of the fish we tested were below the guideline for women of childbearing age and children who eat fish 2 to 3 times a *week*.



### ... but a few fish had high mercury.

Around 3% of the fish we tested were above EPA's guideline. These included flathead catfish, largemouth bass, blue catfish, and drum. In general, longer fish and fish higher on the food chain tended to have higher levels of mercury.



### Learn more!

Turn this sheet over to learn more about our study findings. You can also visit our website, which includes local and national fish consumption guidelines, at:

[www.grandlakemercurystudy.org](http://www.grandlakemercurystudy.org)