

## Meal recommendations for resident fish, shellfish and crayfish in Multnomah Channel and Scappoose Bay

Fish Species	Meals/Month Recommended Consumption Rates*				Contaminant Driver	Comments
	Fillet	Fillet	Whole Body	Whole Body		
	GP <sup>1</sup>	VP <sup>2</sup>	GP <sup>1</sup>	VP <sup>2</sup>		
Smallmouth bass	6	4	1	1	PCBs	Meals apply to similar resident fish
Sculpin	6	4	3	3	PCBs & Dioxins/Furans	Not a fish eaten widely-too bony with not much meat
Clams			5	5	PCBs & Dioxins/Furans	The public cannot harvest or possess freshwater clams or mussels <sup>3</sup>
Crayfish			11	11	Dioxins/Furans	Meals apply to the muscle. Heads and internal juices should not be eaten
Carp	2	2	1	1	PCBs	Meals apply to similar high-fat resident fish

\* *A meal is about the size and thickness of your or your child's hand or one ounce of uncooked fish for every 20 pounds of body weight*

1. General population

2. Vulnerable population includes children under age 6, people who are or may become pregnant and people who are nursing.

3. Tribal members have harvest rights to clams and mussels in freshwater. Meal recommendations for freshwater shellfish are provided for tribal member information and in the event shellfish are harvested or possessed illegally