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Green Light Fish Consumption Advisory for Rainbow Trout, Rose Canyon Lake

The Arizona Department of Environmental Quality (ADEQ), in association with the Arizona Game and Fish Department (AGFD), has issued a Green Light Fish Consumption Advisory for rainbow trout caught in Rose Canyon Lake. This advisory is based on recent analysis of fish tissue data that indicate mercury and PFOS remain below recommended health thresholds. ADEQ recommends no consumption limits for trout caught from Rose Canyon Lake.



ADEQ and AGFD use a color-coded system to provide fish consumption guidance for fish caught in Arizona lakes, rivers and streams:

- Green Light: Fish may be consumed per standard dietary guidelines
- Orange Light: Fish may be consumed within recommended limits
- Red Light: Do not consume fish

Interactive eMap | [View Green Light Fisheries and Fish Consumption Advisories in Arizona >](#)

ADEQ and AGFD collect and test fish for contaminants and compare results to recommended health thresholds. Contaminants can accumulate in fish primarily through a process called bioaccumulation, where the chemicals build up in the body faster than they can be excreted. Unless otherwise indicated in the Green Light Fisheries status, other types of fish found in Arizona with lower bioaccumulation factors remain good choices for consumption | [Learn More >](#)

Fish are an excellent source of protein and can be an important part of a healthy, balanced diet as they are low in saturated fat. The U.S. Food and Drug Administration (FDA) and Environmental Protection Agency (EPA) issue dietary guidelines for fish consumption that recommend adults consume about two servings (8 ounces total) of seafood per week.¹ For children and pregnant women, these recommendations vary to protect public health.²

ADEQ and AGFD will continue monitoring fish tissue data across Arizona waterbodies to protect public health and provide updated fish consumption guidance as new information becomes available.

Background & Resources

¹ <https://www.dietaryguidelines.gov/>

² <https://www.epa.gov/choose-fish-and-shellfish-wisely/epa-fda-advice-about-eating-fish-and-shellfish>

Fish consumption advisories recommend consumption limits follow federal dietary guidelines when contaminant levels are below health thresholds to limited or no consumption when contaminant levels exceed health thresholds; advisories do not apply to commercial fish sold in markets.

- ADEQ Fish Consumption Advisory Webpage | [View >](#)
- ADEQ Fish Consumption Advisories Fact Sheet | [View >](#)
- ADEQ Bioaccumulation Infographic | [View >](#)
- AGFD Fish Consumption Advisories | [View >](#)
- EPA-FDA Advice about Eating Fish and Shellfish | [View >](#)