

From: [Laura Brakke](#)
To: [ECY RE Fish Consumption](#)
Subject: I support increased fish consumption rate numbers
Date: Tuesday, December 13, 2011 7:15:51 PM

Dear Director Sturdevant and staff,

I am a Nurse-midwife and I spent most of my time with Pregnant women teaching them the value of Wild Salmon and the huge benefits to their baby's brain development of the highest levels of Omega 3 oils in salmon, higher than any other food source. I usually have to add Wild Alaska salmon but also want to include Washington caught as well, since it is local.

Washington currently uses inadequate fish consumption rates for water and sediment cleanup standards. The standards should be conservative enough to protect the higher fish consumers such as tribes and subsistence fishers, and our pregnant women.

Please make sure our waters are clean so the fish that live in our Puget Sound are a safe source of high quality nutrition.

Please increase the rates to more accurate numbers.

Thank you.

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