

TROUT

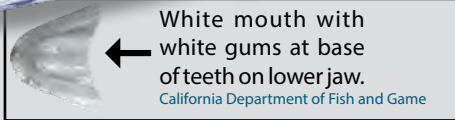


RAINBOW TROUT

Green to bluish back with silvery to yellowish-green sides. Broad pinkish band along side and black spots on back, sides, and tail. Upper jaw usually does not extend past eye on adult.



STEELHEAD



White mouth with white gums at base of teeth on lower jaw.

California Department of Fish and Game

Sea-run rainbow trout with bluish gray back and bright silvery sides. Small black spots on back, sides, and tail. Pink/red coloration develops after returning to fresh water to spawn.



CUTTHROAT TROUT

Yellowish-green body with no pinkish band along sides. Many black spots on back, sides, and tail. Upper jaw extends well past eye on adults. Red to orange slash on underside of lower jaw.

ARCTIC GRAYLING



Light brown to dark purple back, fading to bluish gray with black spots on sides. Very large dorsal fin with red and violet spots.

NORTHERN PIKE



Back and sides usually greenish with yellow-white spots. Head depressed forward with duck-like jaws containing many large, sharp teeth.

BURBOT



The only freshwater cod in North America. Slim brownish-black body with smooth skin. Flattened head with wide mouth and one barbel hanging from lower jaw.

CHAR



DOLLY VARDEN CHAR

Bluish gray or silver background with light spots (usually smaller than its pupil). No spots on head or tail. Easily confused with Arctic char, but Dolly Varden occur mainly in rivers, have a more squared-off tail, a more elongated head (especially spawning males), and a wider tail base than Arctic char. Pelvic and anal fins often have a white leading edge.

ARCTIC CHAR



Very difficult to distinguish from Dolly Varden. Arctic char are generally found in the Bristol Bay area and throughout western Alaska, and Dolly Varden are found on Kodiak Island, throughout the waters of southcentral and southeastern Alaska, and on the North Slope. Brown to olive background with light spots (usually larger than its pupil); sides fade to a pale belly.

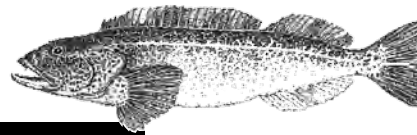


LAKE TROUT

Dark green to grayish back and light silvery sides with oval or irregular white to yellowish spots. No other Alaskan char species has spots on face and tail. Lake trout also have deeply forked tails, unlike other char, and, although normally lake dwellers, they are sometimes found in northern Alaska rivers.

LINGCOD • SABLEFISH • PACIFIC COD

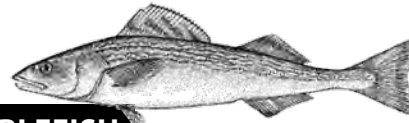
Lingcod, which are in the greenling family, can be identified by their elongated body shape, large head and mouth, and jaws containing large canine teeth interspersed with smaller teeth. They have a long single dorsal fin that is notched past the middle of its length. The forward portion of the dorsal fin bears rigid spines. Lingcod have dark mottling on their back and sides that can be brown, gray, green or orange—depending on their environment, and they can grow to lengths of 5 feet.



LINGCOD



Sablefish (Black cod) are elongate in shape and are dark gray to black on their upper body with a lighter gray underside. They have two dorsal fins that are well separated which easily distinguish them from lingcod. Sablefish have been recorded to reach sizes of 44 inches but are typically less than 34 inches in length.



SABLEFISH



Oregon Dept. of Fish and Wildlife

Pacific cod (pictured), tomcod, and pollock all have three distinct dorsal fins and two anal fins, no rigid spines on their fins, and small teeth. Pacific cod and tomcod have a prominent “barbel” beneath their chin; on pollock, however, it is very small or absent. Pacific cod are typically under 32 inches; Pacific tomcod are typically under 20 inches, and pollock are typically under 30 inches.



PACIFIC COD



➤ *Accurate identification of all sport-caught fish species is important for sound management. This is especially true for anglers who may be surveyed for their recreational fishing activity through ADF&G's Statewide Harvest Survey (SWHS).*

Best Practices

- ❖ Don't pollute—please haul trash out of the field and dispose of it properly. Remember that discarded fishing line can be lethal to birds and other wildlife.
- ❖ Obey fishing regulations.
- ❖ Respect private property. Native allotments and other private land holdings are common along Alaska's waterways; seek permission before using private land.
- ❖ Think about your needs and take only the fish you require. Preserve your fish appropriately.
- ❖ If you plan to kill fish, do so quickly and humanely. If you plan to release fish, handle them gently and do not remove them from the water.
- ❖ Minimize stream bank erosion.



Pink salmon jumps

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Health Guidelines for Eating Alaska Fish

Alaska fish are an excellent source of low-fat protein and important nutrients. Some fish contain elevated levels of mercury, which can harm unborn babies and young children. The Department of Health and Social Services Web site offers specific fish consumption advice for women who are or can become pregnant, nursing mothers, and children 12 and under.

Go to:

<http://dhss.alaska.gov/dph/epi/eph/pages/fish/default.aspx>
or call (907) 269-8000.

Remember to include fish at least twice a week as part of a balanced diet!

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