Choose wisely

A health guide for eating fish in Wisconsin

WISCONSIN DEPT. OF NATURAL RESOURCES

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Designed by L. Pohlod

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The information in this brochure will help you plan how much fish you can safely eat. This information is not intended to discourage you from eating fish, but to help you select fish that are low in contaminants.

Eating your catch

Fishing is a great tradition and a fun way to spend outdoors. Eating your catch can be part of a healthy, balanced diet. Fish are generally low in saturated fat and high in protein. Fish contain a number of vitamins and minerals, and are the primary food source for omega-3 fatty acids. Studies suggest that omega-3 fatty acids may be beneficial during fetal brain and eye development, and modest consumption of fish containing omega-3s may lower the risk of heart disease in adults. Many doctors suggest eating 1 to 2 meals of fish each week can benefit your health but little additional benefit is gained by eating more than that.

However, fish may take in pollutants from the water they live in and the food they eat. Some pollutants can build up in the fish to levels that can be harmful to fish consumers – including humans. You can get the health benefits of fish while reducing unwanted contaminants by following this advisory. You and your family should determine the type and amount of fish you eat and compare that to the advice in this guide. After consulting the advisory, you may find that you do not have to change your consumption habits at all, or you may choose to eat different fish or space fish meals farther apart.

Fish testing sites

Wisconsin's fish collection and testing program is frequently adjusted to meet changing needs. New sites are tested each year, along with some previously tested waters to determine trends in contaminant levels.

Wisconsin is rich in water resources. There are nearly 15,000 lakes and 32,000 miles of rivers located within the state, as well as Lakes Michigan and Superior and the Mississippi River on its borders. Since testing began, over 1600 sites have been tested. The state focuses its sampling program in:

- waters with known or suspected pollution;
- lakes that may be susceptible to mercury contamination;
- popular angling waters;
- waters where changes with time are being tracked.

You can still eat fish from waters that the state has not yet tested. Just follow the guidance on page 9.

Advice – statewide and special exceptions

Wisconsin's fish consumption advice is a recommendation on how many meals of fish you and your children may safely eat. The recommended number of meals for a given length of time (weekly, monthly, or yearly) is based on the contaminant levels found in fish and may vary by location and by type and size of the fish.

Because fish from most waters contain mercury, statewide safe-eating guidelines provide the same advice for most inland waters. However, there are special exceptions to the statewide safe-eating guidelines for locations where higher levels of contaminants have been found in fish.

Wisconsin's fish consumption advice is based on the work of public health, water quality and fisheries experts from eight Great Lakes states and the Canadian province of Ontario. Based on the best available scientific evidence, these scientists determined how much fish is safe to eat over a lifetime based on the amount of contaminants found in the fish and how those contaminants affect human health. Health officials considered a range of possible health risks such as cancer, hormonal and immune system effects, but placed the most weight on healthy development of babies and children.

"People should put their consumption habits in context with the advice found in this brochure. Most people will find they do not have to drastically alter their current fish-eating habits."

- Dr. Henry Anderson Wisconsin Division of Health

Some contaminants cause cancer in animals. Your risk of cancer from eating contaminated fish cannot be predicted with certainty. Cancer currently affects about one in every two men and one in every three women by the age of 70, primarily due to smoking, diet and hereditary factors. Exposure to contaminants in the fish you eat may not increase your cancer risk at all. If you follow this advisory over your lifetime, you will minimize your exposure and reduce whatever cancer risk is associated with these contaminants. At worst, using Environmental Protection Agency (EPA) methods, it is estimated that approximately one additional cancer case may develop in 10,000 people who follow this advisory over their lifetime.

Contaminants of concern

Two main contaminants are responsible for fish advisories in Wisconsin. They are **polychlorinated biphenyls (PCBs)** and **mercury.** These contaminants differ in where they come from, where they accumulate in fish, and how they affect human health.

Contaminants such as PCBs and mercury build up in your body over time. It may take months or years of frequently eating contaminated fish to build up amounts that are a concern to health. Health problems which may result from the contaminants found in fish range from changes in subtle effects that are hard to detect, to birth defects and cancer.

Other contaminants of concern at a few locations in Wisconsin are dioxins and perfluorooctance sulfonate (PFOS).

Contaminant	PCBs	Mercury
What is it? Where does it come from?	Polychlorinated biphenyls(PCBs) are synthetic (man-made) substances that were used in the manufacture of electrical transformers, carbonless papers, cutting oils, and hydraulic fluids. Manufacture of PCBs was banned in the US in 1977. However, because PCBs are slow to break down in the environment, they remain a problem.	Mercury occurs in the environment naturally and as a result of human activity. It is released into the air when rocks erode, volcanoes erupt and soils decompose. It is also released into the air when power plants burn coal, incinerators burn mercury-containing waste and during the production of other chemicals. Airborne mercury attaches itself to water and dust particles and enters lakes and other waters in rain, snow and runoff.
What water bodies contain the contaminant?	PCBs released into the environment accumulate in sediments at the bottom of lakes and streams. The Great Lakes and rivers with heavy industrial use, are more likely to have PCB contaminated fish than inland lakes. This is because industries associated with past PCB use are often located on major rivers and Great Lakes tributaries.	Mercury is found in all waters. Lakes and wetland areas are more likely to contain bacteria which changes the mercury into a form that is easily absorbed by fish and other organisms. Therefore those waters tend to have fish with higher mercury concentrations.
What types of fish contain the most contaminants?	Fish absorb PCBs from contaminated sediments suspended in the water and from their food. The amount of PCBs found in fish varies depending on species, age, size, fat content and diet. Larger and older fish will contain more contaminants than smaller, younger fish. PCBs accumulate in the fat of fish. Therefore, fatty fish like carp and catfish may contain higher levels of PCBs.	Walleyes and other larger, older predatory fish often contain relatively high mercury levels compared to smaller fish such as bluegills, crappie and yellow perch, or smaller fish of the same species from the same lake or river. Fish absorb mercury directly from water passing over their gills or by ingesting other mercury contaminated organisms.
Where is it found in fish?	**Fortunately you can reduce (not eliminate) the amount of PCBs in a fish meal by properly trimming, skinning and cooking your catch to reduce fatty tissue (page 16).** Cooking does not destroy PCBs but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drop away. Broil, grill or bake the trimmed, skinned fish on a rack so the fat drips away. Do not use the drippings to prepare sauce or gravies.	Mercury accumulates throughout the fish, including the part that you eat. Therefore, **trimming, skinning, and cooking do not reduce mercury levels in fish.**
What is its effect on human health?	Studies indicate that people exposed to PCBs are at greater risk for a variety of health problems. Infants and children of women who have eaten a lot of contaminated fish may have lower birth weights and be delayed in physical development and learning. PCBs may affect reproductive function and the immune system and are also associated with cancer risk. **Once eaten, PCBs are stored in body fat for many years. Each time you ingest PCBs the total amount of PCB in your body increases.**	Mercury affects the human nervous system. Mercury can damage developing brains of children and may affect a child's behavior and ability to learn. In adults, too much mercury may result in loss of coordination and affect vision, hearing, and speech. Some studies have also found higher rates of heart disease in men who had elevated mercury levels. **The human body can eliminate mercury over a period of several weeks. Therefore, spacing your meals out over time will help reduce the amount of mercury in your system.**

Purchased fish

You may wonder about the levels of contaminants in fish from stores or restaurants. The Food and Drug Administration (FDA) sets tolerance levels for contaminants and regulates the interstate sale of fish. In addition, FDA and the Environmental Protection Agency (EPA) recommends that up to 12 ounces of fish that are low in mercury be eaten per week to obtain the health benefits of fish and shellfish. Please see the FDA/EPA Consumer Advice for more information (www.fda.gov/Food/FoodSafety/Product-SpecificInformation/Seafood/default.htm) and to determine which commercial fish species are safest.

Fish purchased in stores and restaurants may also contain contaminants. Follow these guidelines for popular commercial species to reduce your exposure to mercury:

Purchased Species	Women of child-bearing age and children under 15	Women beyond child-bearing age and men
Atlantic or Pacific Salmon (not Great Lakes), farm-raised catfish, shrimp, pollock, and other purchased fish low in mercury	*2 meals per week*	*Unrestricted*
	OR	
Canned "light" tuna	*1 meal per week*	*Unrestricted*
	AND	
Canned white tuna, tuna steaks, halibut	*1 meal per month*	*1 meal per week*
		AND
Shark, swordfish, king mackeral, tilefish	*Do Not Eat*	*1 meal per month*

Before purchasing fish, ask about the source of the fish and eat a variety of species to ensure that you do not eat a steady diet of fish with high levels of contaminants. In addition, check with state and local agencies for information on the safety of commercially sold fish harvested from those areas. Several Wisconsin sportfish are also commercially caught and sold. See pages 23-30 for advice for Lakes Michigan and Superior and the Mississippi River if you eat purchased fish harvested from these waters.

Eating crayfish and turtles

People interested in eating crayfish and snapping turtles from Wisconsin should follow applicable harvest rules and regulations. Clams may no longer be harvested from Wisconsin waters.

Aquatic or semi-aquatic animals can accumulate the same contaminants that occur in fish, but the levels aren't necessarily the same. Snapping turtles have very defined fat deposits that can be removed during cleaning to reduce any fat-soluble contaminants that might be present, such as PCBs.

Some sites have "Do Not Eat" warnings for many species of fish. Before catching and dining on wild fare from these sites, it's best to contact a local DNR office for more information on species from specific sites.

Fish parasites and diseases

Select healthy fish and healthy tissue for cooking and eating. Most diseases that affect fish health have no impact on human health. Fish can be carriers of viruses or bacteria, but show no signs of disease. Fish that appear normal are safe to eat so long as the fish is properly cooked. Do not eat fish you found dead, decomposing, or that appears sick. Wash your hands after handling fish especially if they are dead or appear diseased.

Fish may also have parasites such as worms or grubs or tumors and cysts. Most fish parasites are a normal part of the ecosystem. Fish parasites do not pose a health risk if the fish is thoroughly cooked. The only parasite in Wisconsin fish that is a concern to humans is the broadfish tapeworm and it may live in the muscle of some fish. If you are pickling fish, use a canning method that includes a boiling water bath to ensure that any tapeworms are killed.

For more information about preventing the spread of fish diseases, see dnr.wi.gov/fish/vhs.

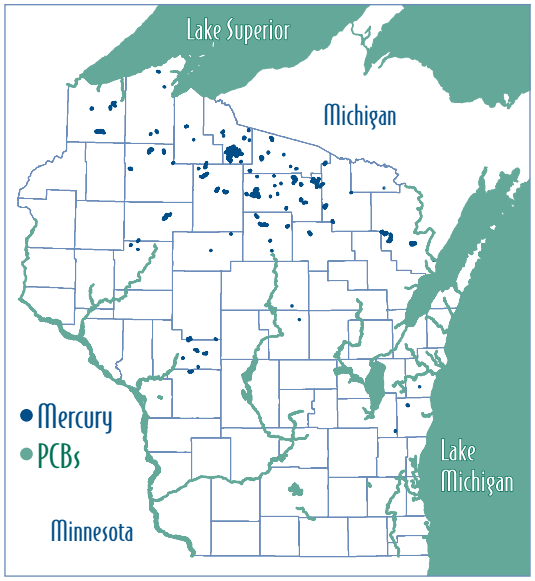
How to use this advisory

1) Read the safe-eating guidelines on page 9. **These guidelines apply to fish from all of Wisconsin's inland (non-Great Lakes) waters.**

2) Determine if your fishing spot has additional, special advice. Special advice is necessary for some species of fish from 151 waters where fish have higher concentrations of mercury or PCBs.
   - See pages 10-15 for a list of waters (by county) where special advice applies to waters due to higher concentrations of mercury. These waters are indicated in blue on the map (see right).
   - See pages 16-34 for a list of waters (by name) where special advice applies due to other chemicals. These waters are shown in green on the map (see right) and include Lake Michigan, Lake Superior, Green Bay, and several larger rivers.

3) Measure your fish from the tip of the nose to the end of the tail and follow the advice appropriate for the species of fish and length.

4) **If the waterbody or fish species does not appear in the special tables, follow the safe-eating guidelines below. For fish from stores or restaurants, see page 6.**



Safe-eating guidelines – for most of Wisconsin's inland (non-great lakes) waters

Women of childbearing years, nursing mothers and all children under 15 may eat:

1 meal per week – Bluegill, crappies, yellow perch, sunfish, bullheads and inland trout;

Black Crappie

and

1 meal per month – Walleye, pike, bass, catfish and all other species.

Do not eat – Muskies.

Muskellunge

Women beyond their childbearing years and men may eat:

Unrestricted* – Bluegill, crappies, yellow perch, sunfish, bullheads and inland trout;

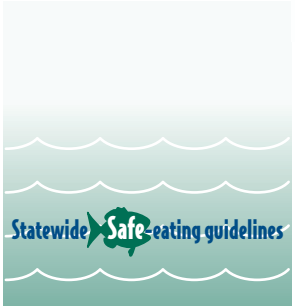
Bluegill

1 meal per week– Walleye, pike, bass, catfish and all other species;

and

1 meal per month – Muskies.

Channel Catfish



* Studies suggest that regularly including modest amounts of fish and shellfish (1 or 2 servings per week) in your diet can benefit your health. Little additional benefit is obtained from consuming more than that amount.

Highly contaminated fish should be avoided (check the tables on the following pages).

Advisories apply only to eating your catch and in no way restrict your fishing or other water activities.

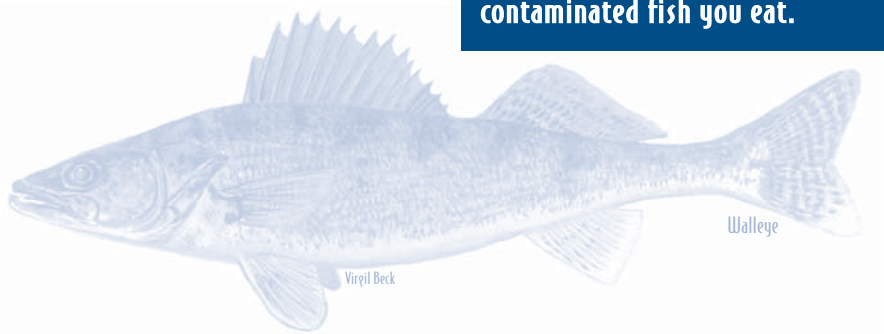
White Bass

Special advice for mercury

All fish contain some mercury. Large fish, especially walleye contain more mercury than small fish, like perch. In some lakes and rivers, mercury bioaccumulates to higher levels in fish. The following table contains special advice for fish that have been found to contain mercury at higher levels. Women of childbearing age who intend on becoming pregnant and children under 15 should be especially careful to follow the guidance in the table.

Other species caught from these waters but not listed below or in the specific advice for PCBs can still be eaten according to the safe-eating guidelines on page 9.

Mercury is distributed throughout a fish's muscle tissue (the part you eat) rather than in the fat and skin. The only way to reduce mercury intake is to reduce the amount of contaminated fish you eat.



County	Water body	Women of childbearing age and children under 15	
		DO NOT EAT	1 meal/month
		Men and older women	
		1 meal/month	1 meal/week
Ashland	*English Lake*	*Walleye larger than 17"*	
Ashland	*Spillerberg Lake*		*Yellow Perch*
Bayfield	*Diamond Lake*	*Walleye larger than 19"*	
Bayfield	*Long Lake (T48 R5W S6)*	*Walleye larger than 15"* *Largemouth Bass larger than 14"*	*Yellow Perch*
Bayfield	*Siskiwit Lake*	*Walleye larger than 16"*	
Bayfield	*Tahkodah Lake*	*Walleye - all sizes*	*All Panfish*
Chippewa	*Horseshoe Lake (T32 R8W S33)*	*Walleye larger than 20"*	
Chippewa	*Round Lake (T32 R9W S14)*	*Walleye larger than 18"*	*Black Crappie*
Clark (Jackson)	*Black River: Lake Arbutus*	*Walleye larger than 22"* *Channel Catfish larger than 25"* *Smallmouth Bass larger than 17"*	*Black Crappie* *Bluegill*
Clark	*Sherwood Lake*	*Largemouth Bass larger than 16"*	*Black Crappie*
Douglas	*Lyman Lake*	*Walleye larger than 17"*	
Douglas	*Minnesuing Lake*	*Walleye larger than 20"*	*Black Crappie*
Douglas	*Nebagamon Lake*	*Walleye larger than 23"*	
Douglas	*St. Croix Flowage*		*Black Crappie*
Douglas	*St. Louis River/Superior Harbor*	*Walleye larger than 20"*	

Continued on next page

County	Water body	Women of childbearing age and children under 15	
		DO NOT EAT	1 meal/month
		Men and older women	
		1 meal/month	1 meal/week
Florence	Brule River Flowage	Walleye larger than 20"	
Florence	Sand Lake (T38 R18E S21)	Walleye larger than 18"	
Fond du Lac	Mauthe Lake		Yellow Perch
Forest	Deep Hole Lake	Walleye larger than 18"	
Forest	Little Rice Flowage		Black Crappie
Forest	Little Sand Lake	Northern Pike larger than 25"	Bluegill
Forest	Van Zile Lake	Largemouth Bass - all sizes Northern Pike larger than 24"	
Iron	Bearskull Lake	Walleye larger than 18"	
Iron	Island Lake (T44 R1E S25)	Walleye larger than 18"	
Iron	Lake Six		Yellow Perch
Iron	North Bass Lake	Largemouth Bass - all sizes	
Iron	Owl Lake	Walleye - all sizes	Black Crappie
Iron	Spider Lake	Walleye larger than 15"	
Iron	Turtle-Flambeau Flowage and Trude Lake	Walleye larger than 24"	
Jackson	Cranberry Flowage - Upper	Largemouth Bass larger than 19"	Black Crappie, Bluegill
Jackson	Harkner Flowage		Black Crappie, Yellow Perch
Jackson	Potter's Flowage	Largemouth Bass larger than 18"	Black Crappie, Yellow Perch
Jackson	Townline Flowage		Black Crappie, Yellow Perch
Jackson	White Tail Flowage	Northern Pike larger than 22"	Yellow Perch
Langlade	Greater Bass Lake	Largemouth Bass - all sizes Northern Pike larger than 22"	
Langlade	Summit Lake	Largemouth Bass - all sizes	
Lincoln	Bass-Long Lake (T34 R08E S16)	Largemouth Bass - all sizes	
Lincoln	Pesabic Lake		Black Crappie
Lincoln	Somo Lake	Walleye larger than 20"	Bluegill
Lincoln	Spirit River Flowage		Black Crappie, Bluegill
Lincoln	Tug Lake	Northern Pike larger than 19"	Bluegill
Manitowoc	Pigeon Lake	Largemouth Bass larger than 17"	
Marathon	Big Bass Lake	Walleye larger than 18" Largemouth Bass larger than 18"	
Marinette	Lake Noqueby	Walleye larger than 19"	
Marinette	Menominee River at Lower Scott Flowage	Walleye larger than 16"	All Panfish
Marinette	Peshtigo River at Caldron Falls Flowage	Walleye larger than 17"	Black Crappie, Yellow Perch
Marinette	Peshtigo River at High Falls Flowage	Walleye larger than 17"	Black Crappie
Monroe	North Flowage	Largemouth Bass - all sizes	Black Crappie
Monroe	Ranch Creek at Lost Lake	Largemouth Bass - all sizes	All Panfish
Oneida	Currie Lake	Walleye larger than 16"	
Oneida	Emma Lake	Walleye larger than 20"	
Oneida	Franklin Lake	Walleye larger than 21"	
Oneida	Hemlock Lake	Walleye larger than 17"	All Panfish

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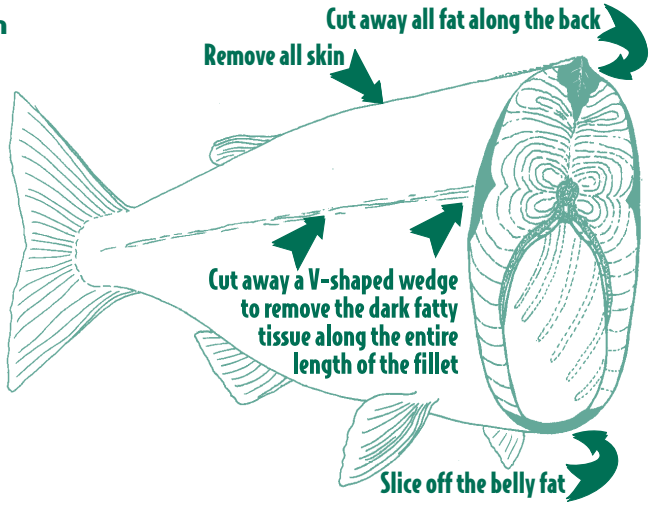
County	Water body	Women of childbearing age and children under 15	
		DO NOT EAT	1 meal/month
		Men and older women	
		1 meal/month	1 meal/week
Oneida	Hodstradt Lake	Walleye larger than 19"	
Oneida (Forest)	Julia Lake (T38 R12E S06)	Walleye larger than 15"	
Oneida	Long Lake (T37 R7E S10)	Walleye larger than 21"	
Oneida	McGrath Lake	Largemouth Bass larger than 18"	All Panfish
Oneida	Moen's Lake Chain (includes Moen's, Second, Third, Fourth, and Fifth Lakes)	Walleye larger than 19"	
Oneida	Sugar Camp Chain of Lakes (includes Chain, Dam, Echo, Sand and Stone Lakes)	Walleye larger than 24"	
Oneida	Sugar Camp Lake	Walleye larger than 18" Smallmouth Bass larger than 17" Northern Pike larger than 28"	
Oneida	Three Lakes Chain (Big Fork, Big Stone, Dog, Four Mile Island, Planting Ground)	Walleye larger than 24"	Yellow Perch
Oneida	Whitefish Lake		All Panfish
Oneida	Willow Flowage	Walleye larger than 17"	
Oneida	Willow Lake (T37 R4E S09)	Walleye larger than 20"	
Portage	Collins Lake	Walleye larger than 20"	
Price	Bass Lake (T40 R2W S15)	Walleye larger than 15"	
Price	Butternut Lake (T40 R01W S18)	Walleye larger than 20"	
Price	Flambeau River at Crowley Flowage	Walleye larger than 23"	
Price	Flambeau River at Pixley Flowage	Walleye larger than 22"	
Price	Musser Lake	Walleye larger than 24"	
Price	Solberg Lake	Walleye larger than 22"	Black Crappie
Rusk (Chippewa)	Sand Lake (T33 R08W S34)	Walleye larger than 21"	
Rusk	Flambeau River at Dairyland Flowage	Walleye - all sizes	
Sawyer	Black Lake		Black Crappie
Sawyer	Ghost Lake	Walleye larger than 20"	
Sawyer	Spider and Clear Lakes	Walleye larger than 22"	
Sawyer	Windigo Lake	Walleye larger than 19"	
Sheboygan	Big Elkhart Lake	Walleye larger than 19"	
Taylor	Sackett Lake	Walleye larger than 19"	
Taylor	South Harper Lake	Walleye larger than 19"	
Vilas	Annabelle Lake	Walleye larger than 20"	
Vilas	Broken Bow Lake	Largemouth Bass larger than 15"	
Vilas	Ike Walton Lake	Walleye - all sizes	
Vilas	Jag Lake	Walleye larger than 20"	
Vilas	Kentuck Lake		Black Crappie
Vilas	Lynx Lake (T43 R7E S18)	Walleye larger than 18"	
Vilas	Shannon Lake	Largemouth Bass larger than 16"	
Vilas	Snipe Lake	Walleye larger than 19"	Yellow Perch
Vilas	White Birch Lake	Walleye larger than 21"	

Special advice for PCBs and other chemicals

Important: The meal advice in the PCB portion of this guide is for eating fish prepared according to this diagram.

One meal is assumed to be one-half pound of fish before cooking for a 150-pound person. This meal advice is equally protective for larger people who eat larger meals, and smaller people who eat smaller meals.



Women of childbearing age who intend to become pregnant, or children under the age of 15 should be especially careful to space fish meals out according to these advisory tables.

Women beyond their childbearing years and men should not exceed the total number of meals per year, as specified in the advisory. For example, if you are on vacation and most of the fish you eat fall into the "One meal a week" category, you could eat four of these meals within the same week as long as you refrain from eating more for the next three weeks.

Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Ahnapee River					
Carp			*All sizes*		
All other species	*Follow the* Safe eating guidelines				
Badfish Creek in Dane County					
Carp			*All sizes*		
All other species	*Follow the* Safe eating guidelines				
Black River below Black River Falls downstream to its mouth at the Mississippi River					
Black Crappie (mercury)			*All sizes*		
Channel Catfish			*Larger than 25"*		
All other species and/or sizes	*Follow the* Safe eating guidelines				
Branch River in Manitowoc County. See also the Manitowoc River					
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
Cedar Creek from Bridge Road in the Village of Cedarburg, including Zeunert Pond, downstream to the Milwaukee River					
All Species					*All sizes*

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PCB

Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Chippewa River – downstream of dam at Holcombe to confluence with Mississippi River					
Carp			*All sizes*		
Sturgeon			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Fond du Lac River - *follow the Lake Winnebago PCB advisory*					
Fox (IL) River (including Lake Tichigan)					
Carp			*All sizes*		
Channel Catfish			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Fox River - Swan Lake downstream to Portage Canal					
Carp			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Fox River from Portage downstream to, but not including Buffalo Lake					
Black Crappie		*All sizes*			
Bluegill		*All sizes*			
Bullhead			*All sizes*		
Carp				*All sizes*	
Largemouth Bass			*All sizes*		
Smallmouth Bass			*All sizes*		
White Sucker			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Fox River at Buffalo Lake					
Carp				*All sizes*	
Panfish		*All sizes*			
All other species	*Follow the* Safe-eating guidelines				
Fox River from Little Lake Butte des Morts downstream to the dam at DePere					
Carp					*All sizes*
Flathead Catfish		*All sizes*			
Northern Pike			*All sizes*		
Smallmouth Bass			*All sizes*		

Continued on next page

Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Walleye			*All sizes*		
White Bass			*All sizes*		
White Perch			*All sizes*		
Yellow Perch			*All sizes*		
Fox River from the DePere Dam downstream to the mouth					
Black Crappie			*All sizes*		
Bluegill			*All sizes*		
Carp					*All sizes*
Channel Catfish					*All sizes*
Northern Pike			*Less than 33"*	*Larger than 33"*	
Rock Bass			*All sizes*		
Sheepshead			*Less than 10"*	*10"- 13"*	*Larger than 13"*
Smallmouth Bass			*All sizes*		
Walleye			*Less than 16"*	*16"- 22"*	*Larger than 22"*
White Bass					*All sizes*
White Perch				*All sizes*	
White Sucker				*All sizes*	
Yellow Perch			*All sizes*		
Green Bay south of Marinette and its tributaries (except the Lower Fox River) including the Menominee, Oconto, and Peshtigo Rivers from their mouths up to the first dam					
Brown Trout			*Less than 22"*	*22"- 28"*	*Larger than 28"*
Carp					*All sizes*
Channel Catfish				*All sizes*	
Chinook Salmon			*Less than 30"*	*Larger than 30"*	
Musky				*Larger than 50"*	
Northern Pike			*All sizes*		
Rainbow Trout			*All sizes*		
Sheepshead			*All sizes*		
Smallmouth Bass			*All sizes*		
Splake			*Less than 16"*	*16"- 20"*	*Larger than 20"*
Sturgeon					*All sizes*

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Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Walleye			*All sizes*		
White Bass					*All sizes*
White Perch				*All sizes*	
White Sucker		*All sizes*			
Whitefish			*All sizes*		
Yellow Perch		*All sizes*			
Kewaunee River					
Channel Catfish			*Less than 13"*	*Larger than 13"*	
Carp				*All sizes*	
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
All other species	*Follow the* **Safe-eating guidelines**				
Lac La Belle					
Buffalo			*All sizes*		
All other species	*Follow the* **Safe-eating guidelines**				
Lake Mendota					
Carp			*Larger than 23"*		
All other species and/or sizes	*Follow the* **Safe-eating guidelines**				
Lake Michigan and its tributaries up to the first dam including the Root, Pike, Milwaukee, Sheboygan, Manitowoc and Kewaunee Rivers. Also see these rivers					
Brown Trout			*Less than 25"*	*Larger than 25"*	
Chinook Salmon			*Less than 36"*	*Larger than 36"*	
Chubs			*All sizes*		
Coho Salmon			*All sizes*		
Lake Trout			*Less than 25"*	*25"- 29"*	*Larger than 29"*
Rainbow Trout		*Less than 22"*	*Larger than 22"*		
Smelt		*All sizes*			
Yellow Perch		*All sizes*			
Whitefish			*All sizes*		
Lake Monona and Lake Winga					
Carp			*All sizes*		
All other species	*Follow the* **Safe-eating guidelines**				

Continued on next page

Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Lake Superior including tributaries up to their first impassable barrier (e.g. dam or falls). Also see St. Louis River					
Brown Trout (mercury & PCBs)		*All sizes*			
Burbot	*Follow the* **Safe-eating guidelines**				
Chinook Salmon (mercury & PCBs)		*Less than 30"*	*Larger than 30"*		
Chubs (mercury & PCBs)		*All sizes*			
Coho Salmon		*All sizes*			
Rainbow Trout (mercury & PCBs)		*All sizes*			
Lake Herring (mercury)		*All sizes*			
Lake Sturgeon			*Larger than 50"*		
Lake Trout (mercury & PCBs)		*Less than 23"*	*23"- 34"*	*Larger than 34"*	
Lake Whitefish		*All sizes*			
Siscowet			*Less than 25"*		*Larger than 25" (dioxin)*
Smelt	*All sizes*				
Walleye	*Follow the* **Safe-eating guidelines** *See special advice for mercury, Douglas County, St. Louis River/Superior Harbor page 11.*				
Lake Winnebago including Lake Poygan, Lake Butte des Morts, and the Wolf River upstream to Shawano Dam. Includes Fond du Lac River					
Carp			*Larger than 20"*		
Channel Catfish			*Larger than 17"*		
All other species and/or sizes	*Follow the* **Safe-eating guidelines**				
Manitowoc River (South Branch) from Chilton downstream to Hayton Millpond and tributaries to this reach (includes Pine and Jordan Creeks)					
All Species					*All sizes*
Manitowoc River from Hayton Dam downstream to Clarks Mills Dam					
Bullhead			*All sizes*		
Carp					*All sizes*
Northern Pike					*All sizes*
Rock Bass					*All sizes*
White Sucker				*All sizes*	
Manitowoc River from dam at Clarks Mills downstream to the mouth at Lake Michigan					
Carp			*All sizes*		
Channel Catfish				*Less than 20"*	*Larger than 20"*
Smallmouth Bass			*All sizes*		

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PCB

Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Northern Pike			*All sizes*		
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
Menominee River from Pier's Gorge to Lower Scott Flowage. See also Green Bay					
Carp			*All sizes*		
Walleye and Panfish	*See special advice for mercury, Marinette County, Menominee River page 13*				
All other species	*Follow the* Safe-eating guidelines				
Milwaukee River from the city of Grafton downstream to Estabrook Falls					
Black Crappie		*All sizes*			
Carp					*All sizes*
Largemouth Bass			*All sizes*		
Northern Pike				*All sizes*	
Redhorse			*All sizes*		
Rock Bass		*All sizes*			
Smallmouth Bass			*All sizes*		
Walleye			*All sizes*		
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
Milwaukee River from Estabrook Falls downstream to the estuary including Menomonee River, Kinnickinnic River and Lincoln Creek					
Black Crappie				*All sizes*	
Bluegill			*All sizes*		
Carp					*All sizes*
Channel Catfish			*All sizes*		
Northern Pike				*All sizes*	
Redhorse				*All sizes*	
Rock Bass			*All sizes*		
Smallmouth Bass			*All sizes*		
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
Walleye			*All sizes*		
White Sucker				*All sizes*	
Yellow Perch		*All sizes*			

Continued on next page

Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Mississippi River - Pool 3					
Bluegill (PFOS)		*All sizes*			
Carp			*All sizes*		
Catfish, Channel			*All sizes*		
Catfish, Flathead			*Larger than 20"*		
Crappie (PFOS)		*All sizes*			
White Bass			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Mississippi River - Pool 4					
Bluegill (PFOS)		*All sizes*			
Buffalo			*All sizes*		
Carp			*All sizes*		
Channel Catfish			*All sizes*		
Flathead Catfish			*Larger than 20"*		
Crappie (PFOS)		*All sizes*			
White Bass			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Mississippi River - Pools 5, 5A, and 6					
Bluegill (PFOS)		*All sizes*			
Channel Catfish			*All sizes*		
Crappie (PFOS)		*All sizes*			
White Bass			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Mississippi River - Pools 7 and 8					
Channel Catfish			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Mississippi River - Pool 9					
Bowfin (mercury)			*Less than 29"*		*Larger than 29"*
Carp			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				

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PCB

**PFOS= Perfluorooctane sulfonate*

Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Mississippi River - Pools 10, 11, and 12					
Carp			*Larger than 22"*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Neshonic Lake in La Crosse County					
Carp			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Pike River in Kenosha County from Carthage College in the city of Kenosha downstream to the mouth					
Carp			*All sizes*		
Largemouth Bass			*All sizes*		
Trout and Salmon	*Follow the Lake Michigan PCB advisory.*				
All other species	*Follow the* Safe-eating guidelines				
Red Cedar River downstream of Lake Menomin to confluence with Chippewa River					
Channel Catfish			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Root River from the Horlick Dam in the city of Racine downstream to the mouth					
Carp					*All sizes*
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
All other species	*Follow the* Safe-eating guidelines				
Sheboygan River from the dam at Sheboygan Falls downstream to the mouth					
All Resident Species (including carp, walleye,smallmouth bass, catfish, northern pike, rock bass, bluegill, and crappie)					*All sizes*
Trout and salmon	*Follow the Lake Michigan PCB advisory*				
St. Croix River below St. Croix Falls downstream to Stillwater, MN					
Buffalo			*All sizes*		
Channel Catfish			*All sizes*		
White Bass			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
St. Croix River from Stillwater, MN downstream to the confluence with the Mississippi River					
Buffalo			*Larger than 20"*		

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PCB

Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Channel Catfish			*All sizes*		
Walleye			*Larger than 25"*		
White Bass			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
St. Louis River from Superior Entry up to the dam at Fond du Lac, MN. See also Lake Superior PCB advisory					
Carp			*All sizes*		
Channel Catfish			*Larger than 18"*		
Walleye	*See special advice for mercury, Douglas County, St. Louis River/Superior Harbor page 11*				
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Twin (East and West) Rivers at Two Rivers from their mouths up to the first dam. See also Lake Michigan PCB advisory					
Black Crappie		*All sizes*			
Bullhead		*All sizes*			
Carp			*All sizes*		
Channel Catfish			*Less than 15"*	*15"- 23"*	*Larger than 23"*
Northern Pike			*Larger than 27"*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Wisconsin River from dam at Merrill downstream to the dam at Nekoosa					
Carp			*All sizes*		
Channel Catfish			*All sizes*		
Redhorse			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Wisconsin River from the dam at Nekoosa downstream to the Petenwell Dam (Petenwell Flowage)					
Carp					*All sizes (dioxin)*
Channel Catfish			*Less than 25"*		*Larger than 25" (dioxin)*
White Bass			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Wisconsin River from Petenwell Dam downstream to Castle Rock Dam (Castle Rock Flowage)					
Carp					*All sizes (dioxin)*
All other species	*Follow the* Safe-eating guidelines				

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Waterbody/Species	Unrestricted	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Wisconsin River from Castle Rock Dam downstream to Wisconsin Dells Dam					
Carp			*All Sizes*		
Channel Catfish			*All Sizes*		
All other species	*Follow the* Safe-eating guidelines				
Wisconsin River at Wisconsin Dells downstream to the Prairie du Sac Dam (includes Lake Wisconsin)					
Carp			*Less than 23"*		*Larger than 23" (dioxin)*
Lake Sturgeon			*Less than 70"*	*Larger than 70"*	
All other species	*Follow the* Safe-eating guidelines				
Wisconsin River from the dam at Prairie du Sac downstream to the confluence with the Mississippi River					
Carp			*Larger than 20"*		
Lake Sturgeon			*Less than 70"*	*Larger than 70"*	
All other species and/or sizes	*Follow the* Safe-eating guidelines				
	PCB				

For more information . . .

Citizens are welcome to find out if fish from a particular water have been tested. Call or write the DNR Bureau of Fisheries Management, P.O. Box 7921, Madison, WI 53707, (608) 267-7498 or contact DNR Regional offices.

Region offices

Northern Region
DNR
810 W. Maple St.
Spooner, WI 54801
(715) 635-2101

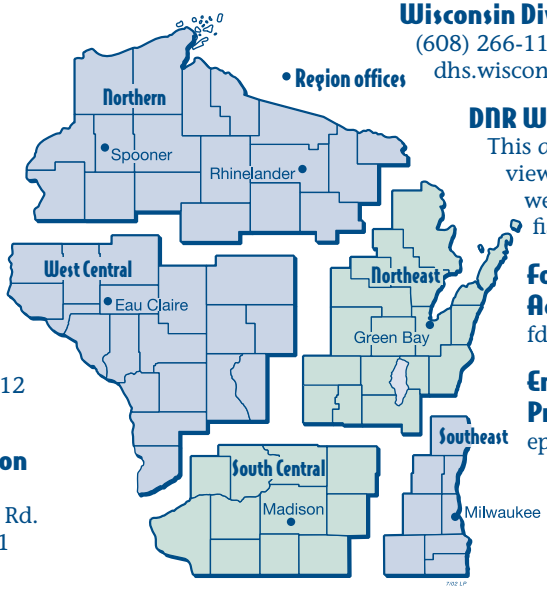
DNR
107 Sutliff Ave.
Rhinelander, WI 54501
(715) 365-8900

West Central Region
DNR
1300 W. Clairemont
Eau Claire, WI 54702-4001
(715) 839-3700

Northeast Region
DNR
2984 Shawano Ave.
Green Bay, WI 54307-0448
(920) 662-5100

Southeast Region
DNR
2300 N. Dr. Martin
Luther King Jr. Dr.
Milwaukee, WI 53212
(414) 263-8500

South Central Region
DNR
3911 Fish Hatchery Rd.
Fitchburg, WI 53711
(608) 275-3266



Wisconsin Division of Public Health
(608) 266-1120 or
dhs.wisconsin.gov/eh/

DNR Website
This advisory can also be viewed on the DNR's website: dnr.wi.gov/fish/consumption

Food and Drug Administration
fda.gov/food/foodsafety

Environmental Protection Agency
epa.gov/waterscience/fish/