



Fish Consumption Advice for Green Bay and the Lower Fox River Area of Concern



Why should I eat fish?

Fish are a nutritious family food. Modest amounts of fish can provide health benefits, although little additional benefit is gained by eating more than 1-2 servings per week. Some of the benefits of catching and eating fish include:

- Low cost and fun to catch your own fish
- Low in fat, yet high in protein
- Great source of vitamins, minerals, and omega-3 fatty acids

However, polychlorinated biphenyls (PCBs) in Green Bay and the Fox River pose health risks and prompt the need for fish consumption advisories (*see the next two pages for advice*).



Young angler's catch from the Peshtigo River.

What are polychlorinated biphenyls (PCBs)?

PCBs are man-made chemicals that were used in electrical equipment, industrial processes, and manufacturing and recycling of carbonless copy paper. PCBs were discharged into the Fox River for decades before it was discovered that these chemicals build up in the environment and pose health risks to humans and wildlife. Restrictions on PCB use, manufacturing, and disposal began in the 1970's, but PCBs remain in the sediment of these rivers. Wisconsin and the federal government are working with responsible parties to remediate PCB contaminated sediments in the Lower Fox River and Green Bay. For more information please visit <http://dnr.wi.gov/org/water/wm/foxriver/>

Tell me about PCBs in fish and what types of fish are safe to eat.

- PCBs are resistant to degradation and bioaccumulate to higher concentrations through the food chain
- Younger, smaller fish have lower amounts of PCBs than larger, older predator fish
- PCBs accumulate in the fatty tissue, so fatty fish such as carp and catfish have higher levels of PCBs.

What are the health risks?

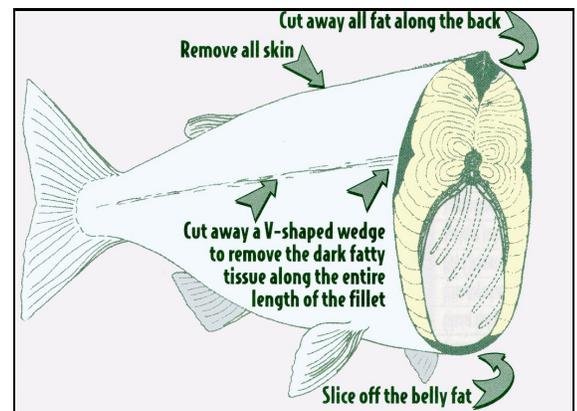
PCBs are stored in your body fat for years. Your health risk may increase as you eat more fish that are high in PCBs. Health risks include:

- Developmental impairments in children
- Harmful to the immune system
- Harmful to the reproductive system
- Alters thyroid hormones
- Associated with a higher risk of cancer

How should I prepare and cook my fish?

Proper cleaning and cooking techniques can reduce PCB levels by up to 70%. Follow the following preparation techniques:

- Fillet your fish
- Remove the skin
- Trim away belly fat, fat on the backsides and fatty dark meat
- Do not eat the eggs
- Bake, broil, or grill
- Discard all liquids and frying oils

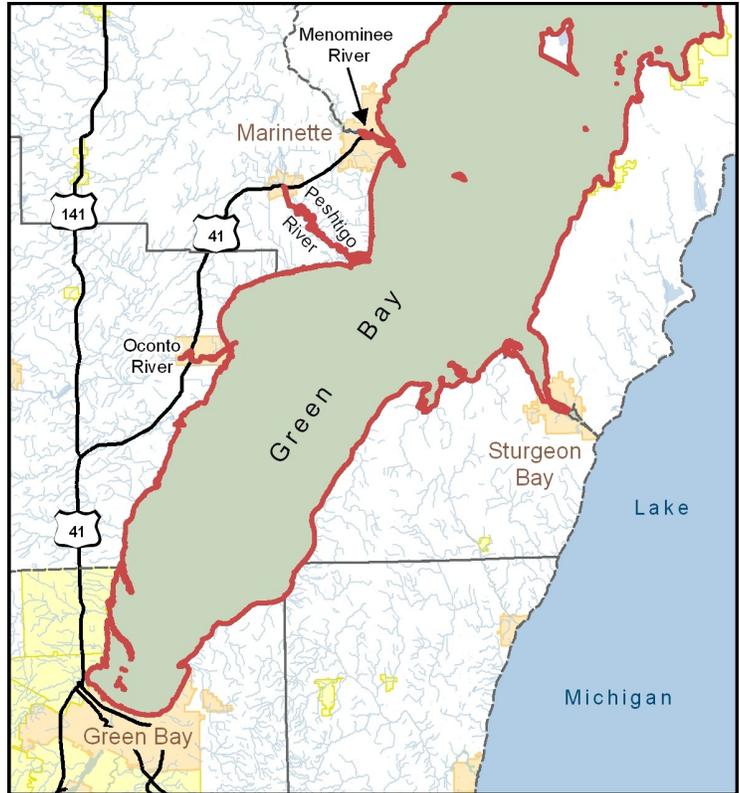




Family fishing at Leicht Park in Green Bay.



Western shore of the Fox River near the Highway 172 bridge.

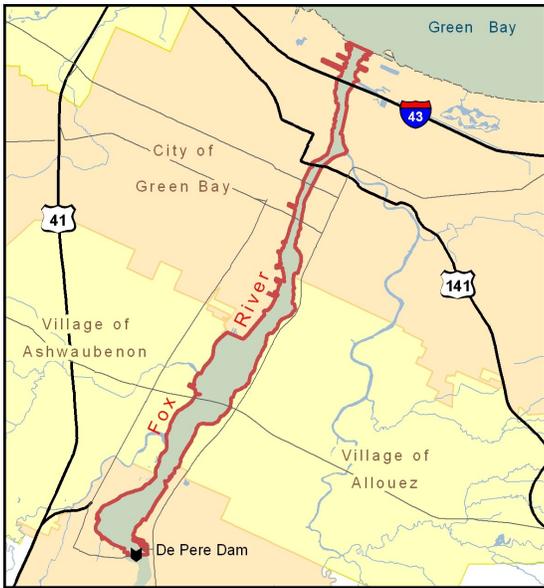


Green Bay and its tributaries (except the Lower Fox) south of Marinette

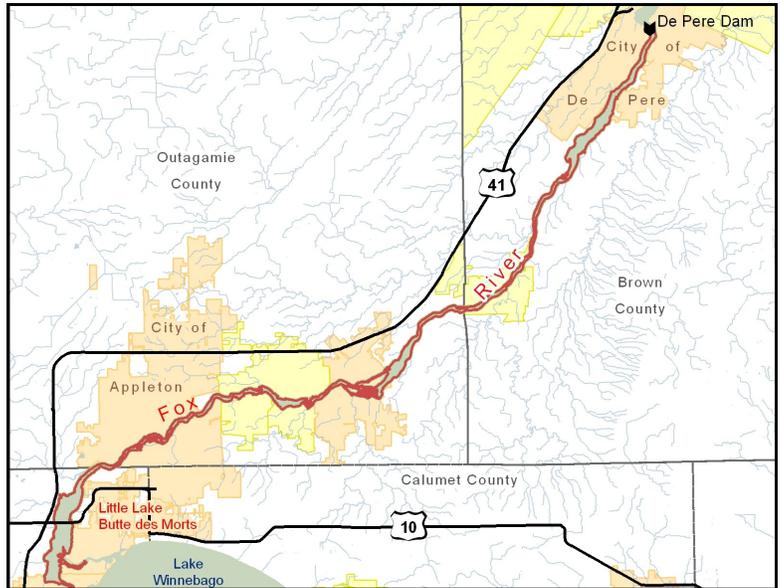
Green Bay south of Marinette and its tributaries (except the Lower Fox) including the Menominee, Oconto, and Peshtigo Rivers from their mouths up to the first Dam

Species	Eat no more than 1 meal/week	Eat no more than 1 meal/month	Eat no more than 1 meal every 2 months	Do Not Eat
Yellow perch, White sucker, Burbot	All sizes 			
Northern pike, Rainbow trout, Sheepshead, Walleye, Lake whitefish		All Sizes		
Smallmouth bass 	Under 17"	Over 17"		
Chinook salmon		Under 30"	Over 30"	
Channel catfish, White perch			All Sizes	
Brown trout		Under 28"		Over 28"
Muskellunge			Over 50"	
Carp, Sturgeon, White bass				All Sizes

See the WDNR's website or the *Choose Wisely* booklet for further information on fish safe-eating guidelines. <http://dnr.wi.gov/topic/fishing/>



Fox River from the De Pere Dam to the mouth



Fox River from Little Lake Butte des Morts to the dam in De Pere

Species	Unrestricted	Eat no more than 1 meal/week	Eat no more than 1 meal/month	Eat no more than 1 meal every 2 months	Do Not Eat
Fox River from the De Pere Dam downstream to the mouth					
Black crappie, Bluegill, Lake whitefish, Rock bass, Smallmouth bass, White sucker, Yellow perch			All Sizes 		
White perch				All sizes	
Northern pike 			Under 33"	Over 33"	
Sheepshead			Under 19"	19" - 23"	Over 23"
Walleye			Under 21"	21" - 25"	Over 25"
Carp, Channel catfish, Big-mouth buffalo, White bass					All Sizes
Fox River from Little Lake Butte des Morts downstream to the dam at De Pere					
Channel catfish, Northern pike, Walleye, White bass, White perch, Yellow perch			All Sizes		
Bluegill, Crappie, Sunfish	All Sizes*	All Sizes**			
All other gamefish		All Sizes*	All Sizes**		
Carp					All Sizes

* Men and older women

** Women of childbearing age and children under 15

See the WDNR's website or the *Choose Wisely* booklet for updates on fish safe-eating guidelines. <http://dnr.wi.gov/topic/fishing/eatyourcatch.html>