

Eating Your Catch

New Ways to Help You Choose Wisely

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Figuring out which fish are safest to cook for your family's next meal is now even easier thanks to new publications, videos and website features from the DNR/DHS Fish Consumption Advisory Program.

Catching fish in Wisconsin waters isn't just a fun pastime; your catch can also be a tasty part of your diet. Fish has long been recognized as a great source of low fat protein and beneficial omega-3 fatty acids like EPA and DHA, which help keep you healthy. However, most Wisconsin fish species and waters contain at least a small amount of contaminants like mercury, and some also contain PCBs. Fortunately, the Departments of Natural Resources and Health Services provide many ways for you to figure out how frequently and which fish you and your family can safely eat.

You're probably familiar with *Choose Wisely*, an annually-updated publication listing consumption advice for sport fish from Wisconsin waters. The 2014 edition hits the shelves this summer and includes changes to the advice for some species of fish from Lake Michigan and Green Bay, several rivers and northern lakes, and much more.

But, did you know that the Fish Consumption Advisory Program has many more ways for

you to learn about the benefits and risks of eating your catch? Read on to find out!

[Benefits of Eating Fish](#)

Read through the article *A Healthy Dose of Flavor* found in the April 2014 Natural Resources magazine, or by visiting <http://dnr.wi.gov/wrnmag/2014/04/healthy.htm>. In the article, you'll learn about which sport fish contain the highest levels of beneficial omega-3 fatty acids.

[Favorite Fish Recipes](#)

Check out the all-new – and completely free – online cookbook called *Healthy Dishes with Wisconsin Fishes*, which includes 25 recipes submitted by Wisconsin anglers and chefs. The cookbook has special tips for choosing fish with the least contaminants and highlights the healthiest recipes. The cookbook can be found at dnr.wi.gov by searching *Eating Your Catch*.

[Online Advice Tool](#)

Found on the same webpage as the forementioned cookbook, is the now mobile-friendly *Find Advice* online query tool that includes a clickable map so you can get consumption advice for any lake or river in Wisconsin! Try tapping the *find my location* map symbol (📍) from a GPS-enabled smartphone to get advice for your current fishing spot.

[Reel in these other new features!](#)

Now you can stash an *Eating Your Catch* Wisconsin Wildcard in your tacklebox for a quick reminder of general advice for most Wisconsin waters.

Updated videos in English, Spanish, and Hmong on the DNR's YouTube channel help people of all ages learn about safe eating! 💧



Consumption advice from the convenience of your smart phone:

Go to dnr.wi.gov and search *Eating Your Catch*.

Courtesy of Wisconsin DNR Flickr

