Benefits of eating your catch
Fish are a nutritious family food. Some of the benefits of catching and eating 1-2 servings of fish per week 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) pose health risks and prompt the need for fish consumption advice. See the next two pages for recommendations on eating fish from the lower Fox River and Green Bay.

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 dnr.wi.gov/org/water.

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

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

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
## EAT NO MORE THAN

<table>
<thead>
<tr>
<th>1 meal per week</th>
<th>1 meal per month</th>
<th>1 meal every 2 months</th>
<th>Do Not Eat</th>
</tr>
</thead>
<tbody>
<tr>
<td>brown trout under 28&quot;</td>
<td>brown trout over 28&quot;</td>
<td>brown trout over 28&quot;</td>
<td>brown trout over 28&quot;</td>
</tr>
<tr>
<td>burbot</td>
<td>chinook salmon</td>
<td></td>
<td>carp</td>
</tr>
<tr>
<td>northern pike under 27&quot;</td>
<td>northern pike over 27&quot;</td>
<td></td>
<td>lake sturgeon</td>
</tr>
<tr>
<td>rainbow trout</td>
<td>channel catfish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sheepshead</td>
<td>muskellunge over 50&quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>smallmouth bass under 13&quot;</td>
<td>smallmouth bass over 13&quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>white suckers</td>
<td>walleye</td>
<td>white bass</td>
<td></td>
</tr>
<tr>
<td>yellow perch</td>
<td>white perch</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

---

See WI DNR’s website: dnr.wi.gov/topic/fishing/consumption

Summer 2014
<table>
<thead>
<tr>
<th>EAT NO MORE THAN</th>
<th>Unrestricted</th>
<th>1 meal per week</th>
<th>1 meal per month</th>
<th>1 meal every 2 months</th>
<th>Do Not Eat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fox River from the De Pere Dam to the mouth</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>black crappie</strong>&lt;br&gt;<strong>bluegill</strong>&lt;br&gt;<strong>lake whitefish</strong>&lt;br&gt;<strong>rock bass</strong>&lt;br&gt;<strong>smallmouth bass</strong>&lt;br&gt;<strong>white sucker</strong>&lt;br&gt;<strong>yellow perch</strong>&lt;br&gt;<strong>northern pike</strong> under 33”&lt;br&gt;<strong>sheepshead</strong> under 19”&lt;br&gt;<strong>walleye</strong> under 21”</td>
</tr>
<tr>
<td><strong>Fox River from Little Lake Butte des Morts to the dam in De Pere</strong></td>
<td><strong>bluegill</strong>&lt;br&gt;<strong>sunfish</strong>&lt;br&gt;<strong>crappies</strong>&lt;br&gt;<strong>bullheads (1)</strong></td>
<td><strong>bluegill</strong>&lt;br&gt;<strong>sunfish</strong>&lt;br&gt;<strong>crappies</strong>&lt;br&gt;<strong>bullheads (2)</strong></td>
<td><strong>channel catfish</strong>&lt;br&gt;<strong>walleye</strong>&lt;br&gt;<strong>white bass</strong>&lt;br&gt;<strong>white perch</strong>&lt;br&gt;<strong>yellow perch</strong></td>
<td></td>
<td><strong>carp</strong></td>
</tr>
</tbody>
</table>

1 Men and women over 50  
2 Kids under 15 and Women under 50

See WDNR’s website:  [dnr.wi.gov/topic/fishing/consumption](http://dnr.wi.gov/topic/fishing/consumption)