

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, bullhead and inland trout;

and

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



Black crappie

DO NOT EAT - Musky



Muskellunge

Women beyond their childbearing years and men may eat:

Unrestricted* - Bluegill, crappies, yellow perch, sunfish, bullhead and inland trout;



Bluegill

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

and

1 meal per month - Musky



Channel catfish

**Doctors suggest that eating 1-2 servings per week of low-contaminant fish or shellfish can benefit your health. Little additional benefit is obtained by consuming more than that amount, and you should rarely eat more than 4 servings of fish within a week.*