



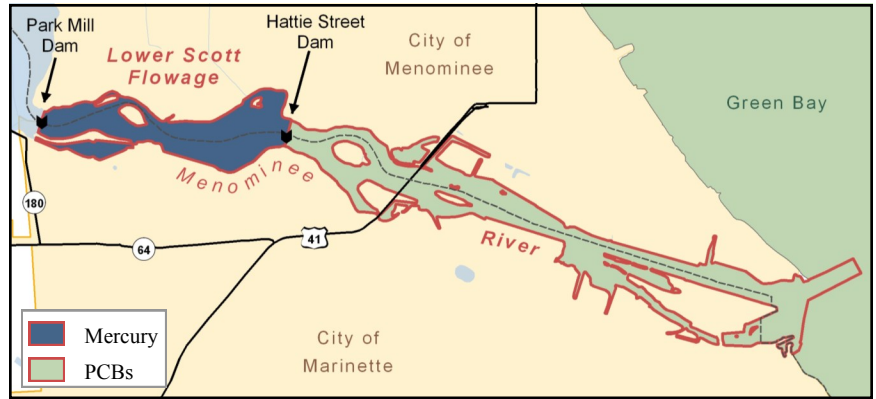
# Fish Consumption Advice for the Menominee River and Area of Concern



## 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) and mercury in the Menominee River pose health risks and prompt the need for fish consumption advisories. The advice for this area varies by species and location in the river (see the advisory table on page 2).

## Where do PCBs and mercury come from?

PCBs are man-made chemicals that were used in electrical equipment, industrial processes, and manufacturing and recycling of carbonless copy paper. Restrictions on PCB use, manufacturing, and disposal began in the 1970's.

Mercury occurs naturally in the environment but is also released into the air through industrial activities. Airborne mercury falls on land, streams, lakes, and wetlands. Mercury is then converted to methylmercury, a form that bioaccumulates in the foodchain reaching higher levels in some fish. Mercury accumulates to higher concentrations in larger, predatory fish and in some waterbodies.

## What are the health risks?

### PCBs

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

### Mercury

- Damage to developing brains of children, which can cause learning disabilities
- Memory loss
- Heart disease
- Loss of coordination affecting vision, hearing and speech

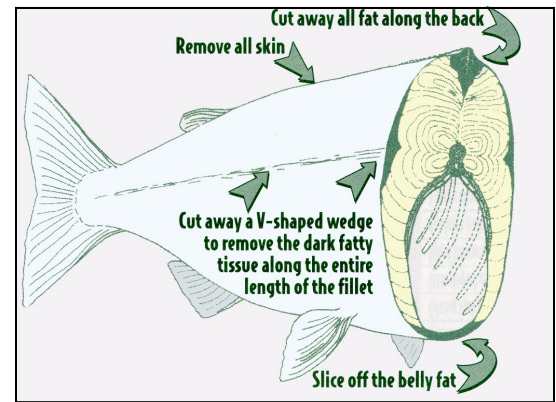


Aerial view of the mouth of the Menominee River

## 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



### Menominee River upstream of Lower Scott Flowage/Park Mill Dam

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

**1 meal per week** - Bullheads, and inland trout;  
**and**  
**1 meal per month** - Panfish, walleye under 18", pike, bass, catfish, and all other species;

**Do not eat** - Muskies and walleye over 18"

**Women beyond childbearing years and men may eat:**

**Unrestricted** - Bullheads, and inland trout;  
**1 meal per week** - Panfish, walleye under 18", pike, bass, catfish, and all other species;  
**and**  
**1 meal per month** - Muskies and walleye over 18"

### Menominee River at Lower Scott Flowage

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




**1 meal per week** - Bullheads, and inland trout;  
**and**  
**1 meal per month** - Panfish, walleye under 16", pike, bass, catfish, and all other species;

**Do not eat** - Muskies and walleye over 16"

**Women beyond childbearing years and men may eat:**

**Unrestricted** - Bullheads, and inland trout;  
**1 meal per week** - Panfish, walleye under 16", pike, bass, catfish, and all other species;  
**and**  
**1 meal per month** - Muskies and walleye over 16"

### Menominee River from the mouth to the Hattie Street Dam (see the Green Bay PCB advice in the Choose Wisely booklet)

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"		<b>Over 28"</b>
Muskellunge			Over 50"	
<b>Carp, Sturgeon, White bass</b>				<b>All Sizes</b>

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>