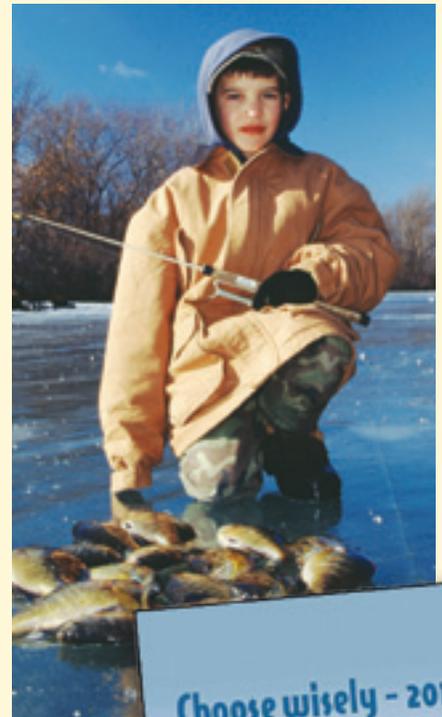


Choose wisely

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DNR OFFERS AN “EATING YOUR CATCH” GUIDE.

Meghan Williams

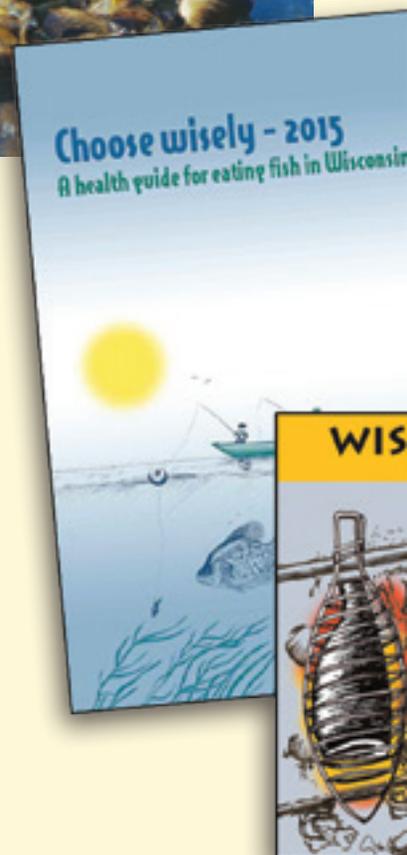
Figuring out which fish to eat is as easy as dropping or casting a line, thanks to the DNR’s Find Advice web page. You can even use it on the water — it’s that simple.

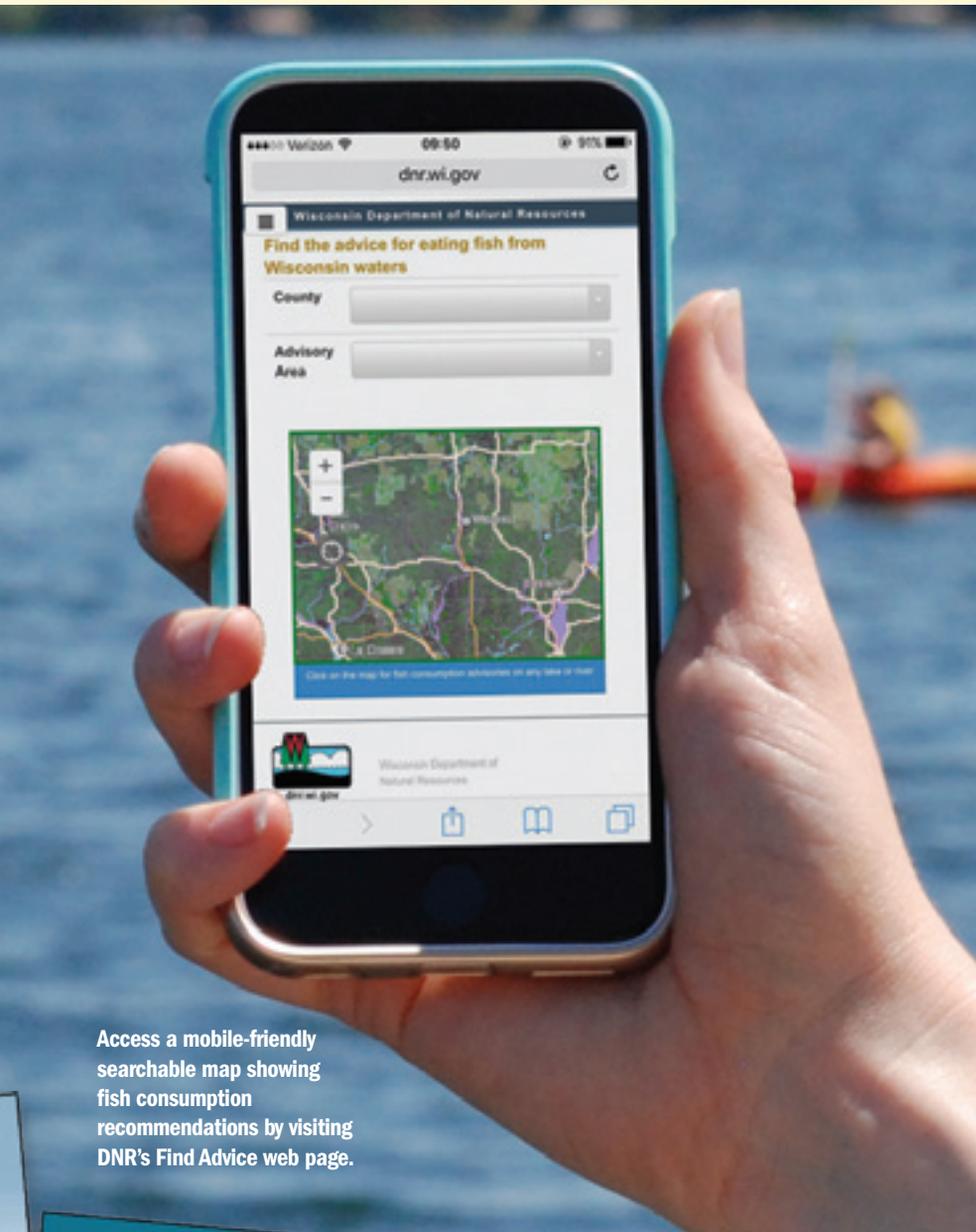
Fishing in Wisconsin isn’t just a fun pastime: your catch can also be a tasty part of your diet. Fish are a great source of low-fat protein and beneficial omega-3 fatty acids, which can help keep you and your family healthy.

However, most fish living in Wisconsin waters contain at least a small amount of contaminants. At some locations, fish have

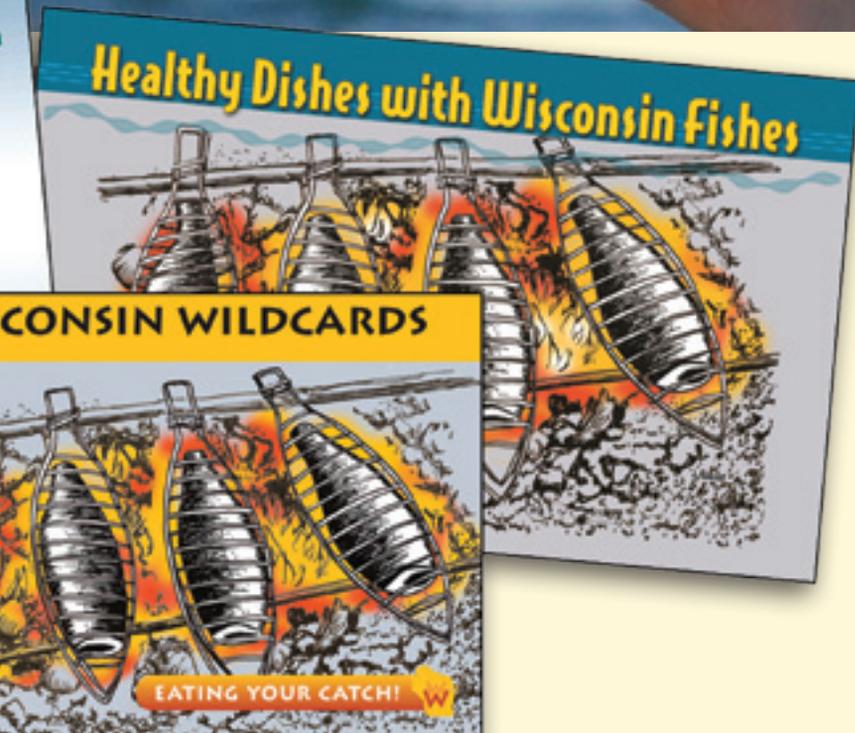
higher concentrations of mercury, polychlorinated biphenyls (PCBs) and other chemicals that anglers need to know about to choose wisely.

Fortunately, the Department of Natural Resources has tools to help you figure out how frequently and which fish you and your family can safely eat. One such tool is the Find Advice website, a





Access a mobile-friendly searchable map showing fish consumption recommendations by visiting DNR's Find Advice web page.



mobile-friendly interactive map showing fish consumption recommendations for every lake and river in the state!

Confidently take your catch off the hook and onto the grill by following these three easy steps:

1. Visit dnr.wi.gov and search “eating your catch.”
2. Then, click on the link to the “online query tool.”
3. Use the dropdown menus to select your county and lake or river stretch, or select all other waters. Or, click anywhere on the map to find advice for your fishing spot.

If you have GPS enabled on your phone, you can click the  icon to find advice for eating fish from your exact location.

You probably won't be the only person on your lake using Find Advice. With over 260,000 visits since 2013, the Find Advice tool is a popular way for anglers to find information on what fish to eat, how frequently to eat them, and from which waters they should eat their catch.

Afraid you'll drop your phone in the water? No problem.

- The newly redesigned Choose Wisely booklet is on the shelves at local DNR and health department offices, and is updated regularly.
- You can also tuck an “Eating Your Catch” Wisconsin Wildcard in your tackle box for a quick reminder of general advice for most Wisconsin waters.

Reel in other new materials by visiting the Eating Your Catch website!

- “Healthy Dishes with Wisconsin Fishes” is a free cookbook including 25 recipes submitted by Wisconsin anglers and chefs. It has tips for choosing fish with the least contaminants, and highlights the healthiest recipes.
- You'll find a link to the cookbook on the Eating Your Catch website, or go to dnr.wi.gov and search for “healthy dishes.”

For general information about Wisconsin's fish contaminant monitoring program and consumption advice, check out the department's other Eating Your Catch web pages, including answers to frequently asked questions, and links to more information. 

Meghan Williams is a DNR environmental toxicologist.