

# Choose wisely

2003

## A health guide for eating fish in Wisconsin



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**F**ish are good for you to eat and fun to catch. But fish may take in contaminants from the water they live in and food they eat.

If you enjoy eating fish, the information in this brochure will help you plan how much fish you can safely eat. This information is not intended to discourage you from eating fish, but should be used as a guide to selecting fish that are low in contaminants.



Fishing is a Wisconsin tradition. It is a sport anyone can participate in and is a great reason to get outdoors anytime of the year. Fishing is fun and fish are good for you to eat in moderation. However, fish may take in contaminants from the water they live in and the food they eat. These contaminants can build up in the fish, sometimes to levels that can be harmful to fish consumers – including humans.

## Health *benefits* from eating fish

When properly prepared, fish provide a diet high in protein and low in saturated fats. Many doctors suggest that eating a half-pound of fish each week is helpful in preventing heart disease. Almost any kind of fish is a healthy replacement for a high-fat source of protein in the diet. You can get the health benefits of fish while reducing unwanted contaminants by following this advisory. You and your family should determine the type and amount of fish you eat and compare that to the advice in this guide. After consulting the advisory, you may find that you do not have to change your consumption habits at all, or you may choose to eat different fish or space fish meals farther apart.

**"P**eople should put their consumption habits in context with the advice found in this brochure. Most people will find they do not have to drastically alter their current fish-eating habits."

*- Dr. Henry Anderson Wisconsin Division of Health*

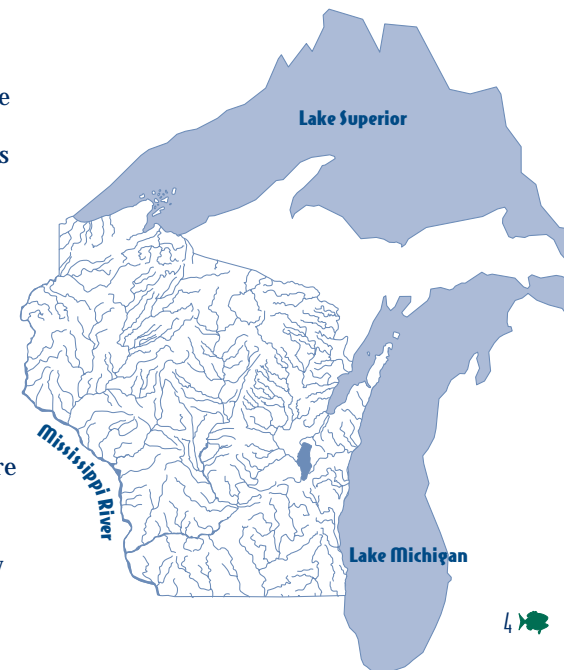
## Fish testing sites

Wisconsin's fish collection and testing program is frequently adjusted to meet changing needs. New lakes and rivers are tested each year, along with some previously tested waters to determine trends in contaminant levels.

Wisconsin is rich in water resources. There are nearly 15,000 lakes and 32,000 miles of rivers located within the state, as well as Lakes Michigan and Superior and the Mississippi River on its borders. Since it is too expensive to test fish from every Wisconsin water, the state focuses its sampling program in:

- ▶ waters with known or suspected pollution;
- ▶ lakes that may be susceptible to mercury contamination;
- ▶ popular angling waters;
- ▶ waters where changes with time are being tracked.

You can still eat fish from waters that the state has not yet tested. Just follow the guidance on page 9.



## Advisory – Statewide and Specific Advice

Recent studies found that low levels of mercury affect the developing nervous systems in fetuses. Wisconsin's fish consumption advisory for mercury reflects the latest scientific findings to better protect human health.

Nearly all of the 1,200 Wisconsin waters that have been tested in the last 20 years contain fish with mercury levels exceeding the amount that calls for consumption advice. Therefore, the state is issuing the same general advice for most inland waters, even if fish have not been tested for mercury. Specific guidance is also provided for waters that require more restrictive

advice because of higher mercury levels in one or more species from those lakes.

For fish containing PCBs, specific advice is given on how many meals of fish a person may safely eat. The number of recommended meals falls into categories based on the average contaminant levels for a given fish size, species and location.

Wisconsin's fish consumption advisory is based on the work of public health, water quality and fisheries experts from eight Great Lakes states and the Canadian province of Ontario.

Based on the best available scientific evidence, these scientists have determined how much fish is safe to eat over a lifetime based on the average amount of contaminants found in the fish and how those contaminants affect human health. In developing the recommendations presented in this guide, health officials considered a range of possible health risks such as cancer, hormonal and immune system effects, but placed the most weight on fetal/child developmental problems.

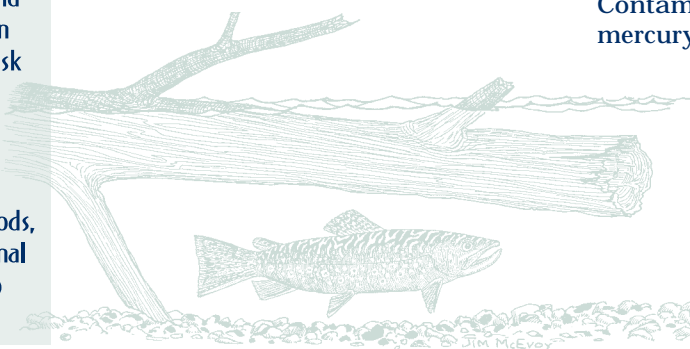
Although this advisory is based on reproductive risks rather than cancer, some contaminants do cause cancer in animals. Your risk of cancer from eating contaminated fish cannot be predicted with certainty. Cancer currently affects about one in every two men and one in every three women by the age of 70, primarily due to smoking, diet and hereditary factors. Exposure to contaminants in the fish you eat may not increase your cancer risk at all. If you follow this advisory over your lifetime, you will minimize your exposure and reduce whatever cancer risk is associated with these contaminants. At worst, using Environmental Protection Agency (EPA) methods, it is estimated that approximately one additional cancer case may develop in 10,000 people who follow this advisory over their lifetime.

### Contaminants of concern

Two main contaminants are responsible for fish advisories in Wisconsin. They are **polychlorinated biphenyls (PCBs)** and **mercury**. Where these contaminants come from, where they accumu-

late in fish, and how they affect human health differ between the two. Therefore, the advice in this booklet is divided into two sections, one for consuming fish contaminated with mercury and the other for consuming fish containing PCBs.

Contaminants such as PCBs and mercury build up in your body over time. It may take months or years of frequently eating contaminated fish to build up amounts that are a concern to health. Health problems which may result from the contaminants found in fish range from changes in subtle effects that are hard to detect, to birth defects and cancer.



Contaminant	PCBs	Mercury
<b>What is it? Where does it come from?</b>	Polychlorinated biphenyls(PCBs) are synthetic (man-made) substances that were used in the manufacture of electrical transformers, carbonless papers, cutting oils, and hydraulic fluids. The use of PCBs was banned in 1976. However, because PCBs are slow to break down in the environment, they remain a problem.	Mercury occurs in the environment naturally and as a result of human activity. It is released into the air when rocks erode, volcanoes erupt and soils decompose. It is also released into the air when power plants burn coal, incinerators burn mercury-containing waste and during the production of other chemicals. Airborne mercury attaches itself to water and dust particles and enters lakes and other waters in rain, snow and runoff.
<b>What water bodies contain the contaminant?</b>	PCBs released into the environment accumulate in sediments at the bottom of lakes and streams. The Great Lakes and rivers with heavy industrial use, are more likely to have PCB contaminated fish than inland lakes. This is because industries associated with past PCB use are often located on major rivers and Great Lakes tributaries.	Mercury is found in all waters. Lakes and wetland areas are more likely to contain bacteria which changes the mercury into a form that is easily absorbed by fish and other organisms. Therefore those waters tend to have fish with higher mercury concentrations.
<b>What types of fish contain the most contaminants?</b>	Fish absorb PCBs from contaminated sediments suspended in the water and from their food. The amount of PCBs found in fish varies depending on species, age, size, fat content and diet. Larger and older fish will contain more contaminants than smaller, younger fish. PCBs accumulate in the fat of fish. Therefore, fatty fish like carp and catfish may contain higher levels of PCBs.	Walleyes and other larger, older predatory fish often contain relatively high mercury levels compared to smaller fish such as bluegills, crappie and yellow perch, or smaller fish of the same species from the same lake or river. Fish absorb mercury directly from water passing over their gills or by ingesting other mercury contaminated organisms.
<b>Where is it found in fish?</b>	<b>Fortunately you can reduce (not eliminate) the amount of PCBs in a fish meal by properly trimming, skinning and cooking your catch to reduce fatty tissue (page 16).</b>  Cooking does not destroy PCBs but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drop away. Broil, grill or bake the trimmed, skinned fish on a rack so the fat drips away. Do not use the drippings to prepare sauce or gravies.	Mercury accumulates in the muscle of fish, the part that you eat. Therefore, <b>trimming, skinning, and cooking do not reduce mercury levels in fish.</b>
<b>What is its effect on human health?</b>	Studies indicate that people exposed to PCBs are at greater risk for a variety of health problems. Infants and children of women who have eaten a lot of contaminated fish may have lower birth weights and be delayed in physical development and learning. PCBs may affect reproductive function and the immune system and are also associated with cancer risk.  <b>Once eaten, PCBs are stored in body fat for many years. Each time you ingest PCBs the total amount of PCB in your body increases.</b>	Fetuses and children under the age of 15 are more sensitive to mercury than adults. Mercury, unlike PCB, poses a short-term health risk to people who frequently eat fish that contain this contaminant. <b>The human body can eliminate mercury. Therefore, spacing your meals out over time can help reduce the amount of mercury in your system.</b>  Mercury affects the human nervous system. Symptoms of prolonged exposure include numbness, slurred speech, loss of coordination, and vision disturbances.

# How to use this advisory

**This publication explains which fish species in Wisconsin lakes and rivers are known to contain certain toxic pollutants. The charts on the following pages describe precautions you should consider before you decide to eat fish you've caught from waters where contaminants pose a problem.**

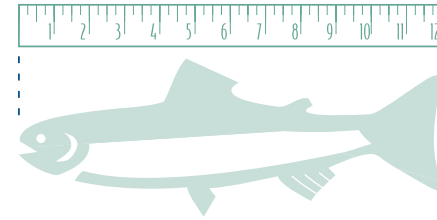
It's important to note that this guide features safe-eating guidelines and two different sets of health advice for specific waters: one for fish contaminated with mercury and another for fish containing PCBs and other pollutants.

Generally, people who should take the most precautions are women of childbearing years who are pregnant, think they may become pregnant at some time, women who are breastfeeding an infant, and children under the age of 15.

## Follow these steps to use this advisory

- 1) Read the safe-eating guidelines on the following pages. **This advice applies to most waters in Wisconsin.**
- 2) Note the name of the waterbody you are fishing. Check both the mercury (by county) **And** PCBs (alphabetically) tables for the water body name.
  - a) Determine the fish species that you've caught.

- b) Measure your fish from the tip of the nose to the end of the tail.



- c) Determine the eating advice for the fish from the table.

- 3) **If the waterbody or fish species does not appear in either table, follow the safe-eating guidelines on the next page.**

## 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, sunfish, black crappie, white crappie, yellow perch or bullheads,



**And**

**1 meal per month** – Walleye, northern pike, smallmouth bass, largemouth bass, channel catfish, flathead catfish, white sucker, drum, burbot, sauger, sturgeon, carp, white bass, rock bass or other species.\*

*\*Muskie should not be eaten by this group of people due to high mercury content*

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

**Unlimited amounts** – Bluegill, sunfish, black crappie, white crappie, yellow perch, or bullheads,



**And**

**1 meal per week** – Walleye, northern pike, smallmouth bass, largemouth bass, channel catfish, flathead catfish, or other species.



On certain waters more restrictive advice is needed because fish have been found to contain higher levels of mercury or PCBs. Please check the tables on the following pages.

*Advisories apply only to eating your catch and in no way restrict your fishing or other water activities.*

## Commercial fish



People often ask about the levels of contaminants in fish bought in stores or restaurants. The Food and Drug Administration (FDA) sets tolerance levels for contaminants to regulate the interstate sale of fish. FDA and commercial fishers are responsible for ensuring the safety of commercially sold fish. FDA tolerance levels are based on a nation-wide average fish consumption rate and assume the fish come from a variety of waters. FDA acknowledges that their tolerance levels may not be appropriate for consumers who regularly eat locally caught fish.

Because fish bought in a store or restaurant do not come with labels that tell you the contaminant levels, or even

**Most ocean fish are low in contaminants. However, some fish contain higher amounts of mercury.**

**The following guidelines for some popular species can be followed to allow you to enjoy commercial fish and at the same time reduce your risk to mercury:**

Ocean Species	Women of child-bearing age and children under 15	Women beyond child-bearing age and men
Salmon, canned salmon, and shellfish	2-3 meals per week	Unlimited Consumption
Cod, pollock, haddock, canned tuna (6 oz. can)	1 meal per week	Unlimited Consumption
Tuna steaks, halibut, orange roughy	1 meal per month	1 meal per week
Shark, swordfish, king mackerel, tilefish	Do Not Eat	1 meal per month

where the fish came from, it is up to the consumer to ask about the source of the fish. Because there are few requirements for tracking fish once they leave the dock, it is not always possible to know the source of the fish you are buying. Therefore, if you enjoy frequent meals of commercially caught fish, it is

important to eat a variety of fish species to ensure that you are not getting a steady diet of fish that may have been taken from the same waters. If you regularly eat sport or commercial fish from a particular local water, you may want to inquire about consumption advice.

## Eating crayfish, clams and turtles



Some people may be interested in eating other organisms

besides fish caught in Wisconsin waters. Crayfish, clams and snapping turtles may be harvested from Wisconsin waters as long as rules and regulations affecting these species are followed.

These aquatic or semi-aquatic animals can accumulate the same contaminants that occur in fish, but the levels aren't necessarily the same. For example, clams generally have lower contaminant levels because they filter food particles from the water and do not eat

organisms higher on the food chain. Snapping turtles eat higher on the food chain, but have very defined fat deposits that can be removed during cleaning to reduce any fat-soluble contaminants that might be present, such as PCBs.

Some sites have "Do Not Eat" warnings for many species of fish. Before catching and dining on wild fare from these sites, it's best to contact a local DNR office for more information on species from specific sites.

## Parasites and tumors in fish

Anglers sometimes catch fish that contain worms, grubs, cysts, or nodules in the flesh. When cleaning fish, anglers may notice worms in or around the

intestines of the fish. Common parasites seen in fish are black spot, yellow grubs and tapeworms.

Fish parasites are a normal part of the ecosystem. While unattractive, parasites do not present a health hazard if the fish is thoroughly cooked. Pickling will not always kill tapeworm common to northern pike. Therefore, canning methods that include a boiling water bath are recommended.

Occasionally fish have external growths, tumors, sores or other lesions, due generally to viral or bacterial infections. Damaged or infected tissue should be removed. Select the healthy tissue for cooking and eating.

## Specific advice for mercury

While all fish contain some mercury, large fish, especially walleye contain more mercury than small fish, like perch. In certain lakes and rivers, the sensitive natural water chemistry allows the mercury to bioaccumulate more easily, leading to higher levels of mercury in the fish. The following table contains special advice for fish that have been found to contain mercury at higher levels. Women of childbearing age who intend on becoming pregnant and children under 15 should be especially careful to follow the guidance in the table.



Yellow Perch

The lakes and rivers listed in the table have been tested and found to contain fish with higher levels of mercury. **This advice is just for the species and sizes of fish listed below.** Other species caught from these waters but not listed below or in the specific advice for PCBs can still be eaten according to the safe-eating guidelines on page 9.



Walleye

## Important note regarding fish on the mercury portion of the advisory:

Mercury is distributed throughout a fish's muscle tissue (the part you eat) rather than in the fat and skin. The only way to reduce mercury intake is to reduce the amount of contaminated fish you eat.

County	Water body	Women of childbearing age and children under 15		County	Water body	Women of childbearing age and children under 15	
		DO NOT EAT	Eat 1 meal/month*			DO NOT EAT	Eat 1 meal/month*
Ashland	English Lake	Walleye larger than 17"		Douglas	Lyman Lake	Walleye larger than 17"	
Ashland	Spillerberg Lake		Yellow Perch	Douglas	Minnesuing Lake	Walleye larger than 17"	Black Crappie
Bayfield	Diamond Lake	Walleye larger than 20"		Douglas	St. Croix Flowage		Black Crappie
Bayfield	Long Lake (T48 R5W S6)	Walleye larger than 15" Largemouth Bass larger than 14"	Yellow Perch	Douglas	St. Louis River/Superior Harbor	Walleye larger than 25"	
Bayfield	Siskiwit Lake	Walleye larger than 18"		Florence	Brule River Flowage	Walleye larger than 20"	
Bayfield	Tahkodah Lake	Walleye - all sizes	All Panfish	Florence	Sand Lake (T38 R18E S21)	Walleye larger than 18"	
Chippewa	Horseshoe Lake (T32 R8W S33)	Walleye larger than 20"		Fond du Lac	Mauthe Lake		Yellow Perch
Chippewa	Round Lake (T32 R9W S14)	Walleye larger than 20"		Forest	Deep Hole Lake	Walleye larger than 18"	
Chippewa	Sand Lake (T33 R08W S34)	Walleye larger than 21"		Forest	Julia Lake (T38 R12 S06)	Walleye larger than 17"	
Clark (Jackson)	Black River: Lake Arbutus	Walleye larger than 22" Channel Catfish larger than 25" Smallmouth Bass larger than 17"	Black Crappie	Forest	Little Sand Lake	Northern Pike larger than 25"	Bluegill
Clark	Sherwood Lake		Black Crappie	Forest	Roberts Lake	Walleye larger than 23"	
				Forest	Van Zile Lake	Largemouth Bass - all sizes Northern Pike larger than 24"	Bluegill
				Iron	Bearskull Lake	Walleye larger than 18"	

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\* Women beyond their childbearing age and men are advised to eat no more than 1 meal per week of these panfish species.

County	Water body	Women of childbearing age and children under 15		County	Water body	Women of childbearing age and children under 15	
		DO NOT EAT	Eat 1 meal/month*			DO NOT EAT	Eat 1 meal/month*
Iron	Gile Flowage	Walleye larger than 19"		Oneida	Long Lake (T37 R7E S10)	Walleye larger than 21"	
Iron	Island Lake (T44 R1E S25)	Walleye larger than 18"		Oneida	McGrath Lake	Largemouth Bass larger than 18"	All Panfish
Iron	Lake Six		Yellow Perch	Oneida	Moen's Lake Chain (includes Moen's, Second, Third, Fourth, and Fifth Lakes)	Walleye larger than 19"	
Iron	North Bass Lake	Largemouth Bass - all sizes		Oneida	Sugar Camp Chain of Lakes (includes Chain, Dam, Echo, Sand and Stone Lakes)	Walleye larger than 17"	
Iron	Owl Lake	Walleye larger than 17"	Black Crappie	Oneida	Sugar Camp Lake	Walleye larger than 18" Smallmouth Bass larger than 17" Northern Pike larger than 28"	
Iron	Turtle-Flambeau Flowage and Trude Lake	Walleye larger than 18"		Oneida	White Fish Lake		All Panfish
Jackson	Cranberry Flowage - Upper	Largemouth Bass larger than 19"	Black Crappie Bluegill larger than 8"	Oneida	Willow Flowage	Walleye larger than 20"	
Jackson	Harkner Flowage		Black Crappie, Yellow Perch	Oneida	Willow Lake (T37 R4E S09)	Walleye larger than 20"	
Jackson	Potter's Flowage	Largemouth Bass larger than 18"	Black Crappie, Yellow Perch	Portage	Collins Lake	Walleye larger than 20"	
Jackson	Townline Flowage		Black Crappie, Yellow Perch	Price	Bass Lake (T40 R2W S15)	Walleye larger than 15"	
Jackson	White Tail Flowage	Northern Pike larger than 22"		Price	Flambeau River at Crowley Flowage	Walleye larger than 23"	
Langlade	Greater Bass Lake	Largemouth Bass - all sizes Northern Pike larger than 22"		Price	Flambeau River at Pixley Flowage	Walleye larger than 22"	
Langlade	Summit Lake	Largemouth Bass - all sizes		Price	Musser Lake	Walleye larger than 24"	
Lincoln	Pesabic Lake		Black Crappie	Price	Solberg Lake	Walleye larger than 20"	
Lincoln	Somo Lake	Walleye larger than 20"	Bluegill	Rusk	Flambeau River at Dairyland Flowage	Walleye larger than 17"	
Lincoln	Spirit River Flowage		Black Crappie	Sawyer	Black Lake		Black Crappie
Manitowoc	Pigeon Lake	Largemouth Bass larger than 17"		Sawyer	Ghost Lake	Walleye larger than 20"	
Marathon	Big Bass Lake	Walleye larger than 18" Largemouth Bass larger than 17"		Sawyer	Windigo Lake	Walleye larger than 19"	
Marinette	Lake Noqueby	Walleye larger than 19"		Sheboygan	Big Elkhart Lake	Walleye larger than 19"	
Marinette	Menominee River at Lower Scott Flowage	Walleye larger than 19"	All Panfish	Taylor	Sackett Lake	Walleye larger than 19"	
Marinette	Peshtigo River at Caldron Falls Flowage	Walleye larger than 20"	All Panfish	Taylor	South Harper Lake	Walleye larger than 19"	
Marinette	Peshtigo River at High Falls Flowage	Walleye larger than 20"	Black Crappie	Vilas	Annabelle Lake	Walleye larger than 18"	
Monroe	North Flowage		Black Crappie	Vilas	Broken Bow Lake	Largemouth Bass larger than 15"	
Monroe	Ranch Creek at Lost Lake	Largemouth Bass larger than 15"	All Panfish	Vilas	Ike Walton Lake	Walleye - all sizes	
Oneida	Currie Lake	Walleye larger than 19"		Vilas	Jaç Lake	Walleye larger than 20"	
Oneida	Doç Lake (T38 R1E S15)	Walleye larger than 20"		Vilas	Kentuck Lake	Walleye larger than 25"	Black Crappie
Oneida	Emma Lake	Walleye larger than 20"		Vilas	Lynx Lake (T43 R7E S18)	Walleye larger than 18"	
Oneida	Franklin Lake	Walleye larger than 21"		Vilas	Shannon Lake	Largemouth Bass larger than 16"	
Oneida	Hemlock Lake	Walleye larger than 17"	All Panfish	Vilas	Snipe Lake	Walleye larger than 19"	Yellow Perch
Oneida	Hodstradt Lake	Walleye larger than 19"		Vilas	White Birch Lake	Walleye larger than 21"	



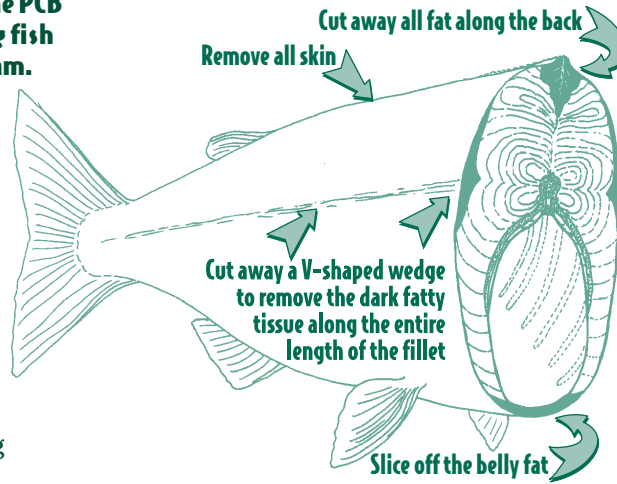
\* Women beyond their childbearing age and men are advised to eat no more than 1 meal per week of these panfish species.

## Specific advice for PCBs and other chemicals

**Important: The meal advice in the PCB portion of this guide is for eating fish prepared according to this diagram.**

*One meal is assumed to be one-half pound of fish before cooking for a 150-pound person. This meal advice is equally protective for larger people who eat larger meals, and smaller people who eat smaller meals.*

If you are a woman of childbearing age who intends to become pregnant, or are under the age of 15, you should be especially careful to space fish meals out according to these advisory tables.







Women beyond their childbearing years and men face fewer health risks from contaminants. However, if you are in this group you should still follow the advisory to reduce your total exposure to contaminants. You can space your meals more closely, but it is still important not to exceed the total number of meals per year, as specified in the advisory. For example, if you are on vacation and most of the fish you eat fall into the “One meal a week” category, you could eat several of these meals within the same week as long as you do not exceed 52 total meals the rest of the year.

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Ahnapee River</b>					
Carp			All sizes		
All other species	Follow the  Safe-eating guidelines				
<b>Badfish Creek in Dane County</b>					
Brown Trout		All sizes			
Carp			All sizes		
<b>Black River below Black River Falls down to its mouth at the Mississippi River</b>					
Channel Catfish			Larger than 16"		
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>Branch River in Manitowoc County</b>					
Trout and Salmon	Follow the Lake Michigan PCB advisory				
<b>Cedar Creek from the Milwaukee River up to Bridge Road in the Village of Cedarburg, including Zeunert Pond</b>					
All Species					All sizes

Continued on next page







Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Chippewa River – downstream of dam at Holcombe to confluence with Mississippi River</b>					
Carp			All sizes		
Sturgeon			All sizes		
All other species	Follow the  Safe-eating guidelines				
<b>Fond du Lac River</b>					
	Follow the Lake Winnebago PCB Advisory				
<b>Fox River—Swan Lake downstream to Portage</b>					
Carp					All sizes
All other species	Follow the  Safe-eating guidelines				
<b>Fox River from Portage downstream to, but not including Buffalo Lake</b>					
Black Crappie		All sizes			
Bluegill		All sizes			
Largemouth Bass			All sizes		
Smallmouth Bass			All sizes		
Bullhead			All sizes		
White Sucker			All sizes		
Carp				All sizes	
All other species	Follow the  Safe-eating guidelines				
<b>Fox River at Buffalo Lake</b>					
Carp				All sizes	
Panfish		All sizes			
All other species	Follow the  Safe-eating guidelines				
<b>Fox River from Little Lake Butte des Morts to the dam at DePere</b>					
Walleye			All sizes		
Northern Pike			All sizes		
White Bass			All sizes		
Yellow Perch		All sizes			
White Perch			All sizes		
Smallmouth Bass			All sizes		
Carp					All sizes
<b>Fox River from the mouth up to DePere Dam</b>					
Walleye			Less than 16"	16–22"	Larger than 22"






Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Northern Pike			Less than 25"	Larger than 25"	
White Sucker				All sizes	
White Bass					All sizes
Black Crappie			Less than 9"	Larger than 9"	
Bluegill			All sizes		
Rock Bass			All sizes		
Yellow Perch			All sizes		
Smallmouth Bass				All sizes	
White Perch				All sizes	
Carp					All sizes
Channel Catfish					All sizes
Sheepshead			Less than 10"	10-13"	Larger than 13"
<b>Fox (IL) River (including Lake Michigan)</b>					
Channel Catfish			All sizes		
Northern Pike			All sizes		
Carp			All sizes		
<b>Green Bay south of Marinette and its tributaries (except the Lower Fox River) including the Menominee, Oconto, and Peshtigo Rivers from their mouths up to the first dam</b>					
Northern Pike			Larger than 22"		
Walleye			Less than 17"	17-26"	Larger than 26"
White Bass					All sizes
Yellow Perch		All sizes			
Carp					All sizes
White Perch				All sizes	
Smallmouth Bass			All sizes		
Channel Catfish				All sizes	
White Sucker			All sizes		
Rainbow Trout			All sizes		
Chinook Salmon			Less than 30"	Larger than 30"	
Whitefish				All sizes	
Splake			Less than 16"	16-20"	Larger than 20"
Brown Trout			Less than 17"	17-28"	Larger than 28"
Sturgeon					All sizes




Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Jackson Park Pond—Milwaukee County</b>					
Largemouth Bass			All sizes		
Bluegill/Pumpkinseed			All sizes		
Black Crappie			All sizes		
Carp			All sizes		
Yellow Perch	Follow the  <b>Safe-eating guidelines</b>				
<b>Kewaunee River</b>					
Channel Catfish			Less than 13"	Larger than 13"	
Carp			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advisory				
All other species	Follow the  <b>Safe-eating guidelines</b>				
<b>Lac La Belle</b>					
Bigmouth Buffalo			All sizes		
All other species	Follow the  <b>Safe-eating guidelines</b>				
<b>Lake Mendota</b>					
Carp			Larger than 23"		
All other species and/or sizes	Follow the  <b>Safe-eating guidelines</b>				
<b>Lake Michigan and its tributaries up to the first dam including the Root River, Milwaukee River, Sheboygan River, Manitowoc River and Kewaunee River</b>					
Chinook Salmon			Less than 32"	Larger than 32"	
Coho Salmon			All sizes		
Brown Trout			Less than 22"	Larger than 22"	
Lake Trout			Less than 23"	23-27"	Larger than 27"
Rainbow Trout		Less than 22"	Larger than 22"		
Yellow Perch		All sizes			
Whitefish			All sizes		
Chubs			All sizes		
Smelt		All sizes			
<b>Lake Monona</b>					
Carp			All sizes		
All other species	Follow the  <b>Safe-eating guidelines</b>				











Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Lake Superior including tributaries up to their first impassable barrier (e.g. dam or falls). Also see St. Louis River</b>					
Lake Trout		Less than 21"	21-34"	Larger than 34"	
Siscowet			Less than 25"		Larger than 25"
Chinook Salmon		Less than 25"	Larger than 25" (Mercury & PCBs)		
Coho Salmon	Less than 18"	Larger than 18" (Mercury)			
Rainbow Trout		All sizes (Mercury)			
Brown Trout		All sizes			
Lake Whitefish		All sizes			
Lake Sturgeon			Larger than 50"		
Lake Herring		All sizes			
Burbot	Follow the  Safe-eating guidelines				
Smelt	All sizes				
Walleye	Follow the  Safe-eating guidelines				
<b>Lake Winnebago including Lake Poygan, Lake Butte des Morts, and the Wolf River upstream to Shawano Dam</b>					
Carp			Larger than 20"		
Channel Catfish			Larger than 17"		
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>Manitowoc River (South Branch) and its tributaries below Chilton to Hayton Millpond (including Pine Creek)</b>					
All Species					All sizes
<b>Manitowoc River below Hayton Dam down to Clarks Mills Dam</b>					
Carp					All sizes
Rock Bass				All sizes	
White Sucker				All sizes	
Northern Pike			All sizes		
Bullhead			All sizes		
<b>Manitowoc River from the mouth up to the dam at Clarks Mills</b>					
Carp			All sizes		
Channel Catfish				Less than 20"	Larger than 20"
Smallmouth Bass			All sizes		
Northern Pike			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advisory				








Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Menominee River from Pier's Gorge to Lower Scott Flowage</b>					
Redhorse			All sizes		
Carp			All sizes		
Walleye	See specific advice for mercury, Marinette County				
<b>Milwaukee River—Estuary to Estabrook Falls including Menomonee River, Kinnickinnic River and Lincoln Creek</b>					
Carp					All sizes
Northern Pike				All sizes	
Walleye			Less than 18"	Larger than 18"	
Smallmouth Bass				All sizes	
Redhorse				All sizes	
White Sucker				All sizes	
Rock Bass			All sizes		
Yellow Perch		All sizes			
Black Crappie				All sizes	
Trout and Salmon	Follow the Lake Michigan PCB advisory				
<b>Milwaukee River—Above Estabrook Falls to Grafton</b>					
Carp					All sizes
Redhorse			All sizes		
Largemouth Bass			All sizes		
Smallmouth Bass			All sizes		
Northern Pike				All sizes	
Rock Bass			All sizes		
Black Crappie				All sizes	
<b>Milwaukee River Above Grafton (Lime Kiln Dam)</b>					
Carp			All sizes		
All other species	Follow the  Safe eating guidelines				
<b>Mississippi River—Pools 2 and 3</b>					
Carp			Larger than 15"		
Channel Catfish			Larger than 20"		
Walleye			Larger than 25"		
Sauger			Larger than 20"		
White Bass			All sizes		









Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>Mississippi River—Pool 4</b>					
Carp			Larger than 15"		
Channel Catfish			15-20"	Larger than 20"	
Walleye			Larger than 25"		
White Bass			All sizes		
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>Mississippi River—Pools 5, 5A, and 6</b>					
Channel Catfish			Larger than 15"		
Walleye			Larger than 25"		
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>Mississippi River—Pools 7 and 8</b>					
Carp			Larger than 20"		
Channel Catfish			Larger than 15"		
Sheepshead			All sizes		
White Bass			Larger than 15"		
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>Mississippi River—Pool 9</b>					
Carp			Larger than 20"		
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>Mississippi River—Pools 10, 11, and 12</b>					
Carp			Larger than 22"		
All other species	Follow the  Safe-eating guidelines				
<b>Neshonic Lake in La Crosse County</b>					
Carp			All sizes		
All other species	Follow the  Safe-eating guidelines				
<b>Pike River in Kenosha County from its mouth up to Carthage College in the city of Kenosha</b>					
Carp			All sizes		
Largemouth Bass			All sizes		
All other species	Follow the  Safe-eating guidelines				
<b>Red Cedar River downstream of Lake Menomin to confluence with Chippewa River</b>					
Channel Catfish			All sizes		



Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Root River from its mouth upstream to the Horlick Dam in the city of Racine</b>					
Carp					All sizes
Trout and Salmon	Follow the Lake Michigan PCB advisory				
All other species	Follow the  Safe-eating guidelines				
<b>Sheboygan River from the dam at Sheboygan Falls to the mouth</b>					
All Resident Species (including carp, walleye, smallmouth bass, catfish, northern pike, rock bass, bluegill, and crappie)					All sizes
Trout and salmon	Follow the Lake Michigan PCB advisory				
<b>St. Croix River below St. Croix Falls downstream to Stillwater, MN</b>					
Channel Catfish			All sizes		
White Bass			All sizes		
All other species	Follow the  Safe-eating guidelines				
<b>St. Croix River from Stillwater, MN downstream to the confluence with the Mississippi River</b>					
Walleye			Larger than 25"		
White Bass			All sizes		
Channel Catfish			All sizes		
Carp			Larger than 20"		
Buffalo				All sizes	
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>St. Louis River from Superior Entry up to the dam at Fond du Lac, MN</b>					
Channel Catfish			Larger than 18"		
Carp			All sizes		
Walleye	See specific advice for mercury, Douglas County				
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>Twin (East and West) Rivers at Two Rivers from their mouths up to the first dam</b>					
Northern Pike			Larger than 27"		
Channel Catfish			Less than 14"	14-18"	Larger than 18"
Black Crappie		All sizes			
Carp			All sizes		
All other species and/or sizes	Follow the  Safe-eating guidelines				



Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Wisconsin River from dam at Merrill downstream to the dam at Nekoosa</b>					
Bullhead		All sizes			
Channel Catfish			All sizes		
Carp			All sizes		
Redhorse			All sizes		
All other species	Follow the  Safe-eating guidelines				
<b>Wisconsin River from the dam at Nekoosa to the Petenwell Dam (Petenwell Flowage)</b>					
Carp					All sizes (Dioxin)
White Bass			All sizes		
Channel Catfish			Less than 25"		Larger than 25" (Dioxin)
All other species	Follow the  Safe-eating guidelines				
<b>Wisconsin River from Petenwell Dam down to Castle Rock Dam (Castle Rock Flowage)</b>					
Carp					All sizes (Dioxin)
All other species	Follow the  Safe-eating guidelines				
<b>Wisconsin River from Castle Rock Dam down to Wisconsin Dells Dam</b>					
Carp			All Size		
All other species	Follow the  Safe-eating guidelines				
<b>Wisconsin River at Wisconsin Dells to the Prairie du Sac Dam (includes Lake Wisconsin)</b>					
Carp			All sizes		
Sturgeon				Less than 54"	Larger than 54"
All other species	Follow the  Safe-eating guidelines				
<b>Wisconsin River from the dam at Prairie du Sac downstream to the confluence with the Mississippi River</b>					
Carp			Larger than 20"		
Lake Sturgeon				All sizes	
All other species and/or sizes	Follow the  Safe-eating guidelines				



## For more information...

Citizens are welcome to find out if fish from a particular water have been tested. Call or write the DNR Bureau of Fisheries Management and Habitat Protection, P.O. Box 7921, Madison, WI 53707, (608) 267-7498 or contact DNR Regional offices in Spooner, Green Bay, Rhinelander, Milwaukee, Fitchburg and Eau Claire.

### Region offices

#### Northern Region

DNR  
810 W. Maple St.  
Spooner, WI 54801  
(715) 635-2101

DNR  
Box 818  
Rhinelander, WI 54801  
(715) 365-8900

#### West Central Region

DNR  
Box 4001  
Eau Claire, WI 54702-4001  
(715) 839-3700

#### Northeast Region

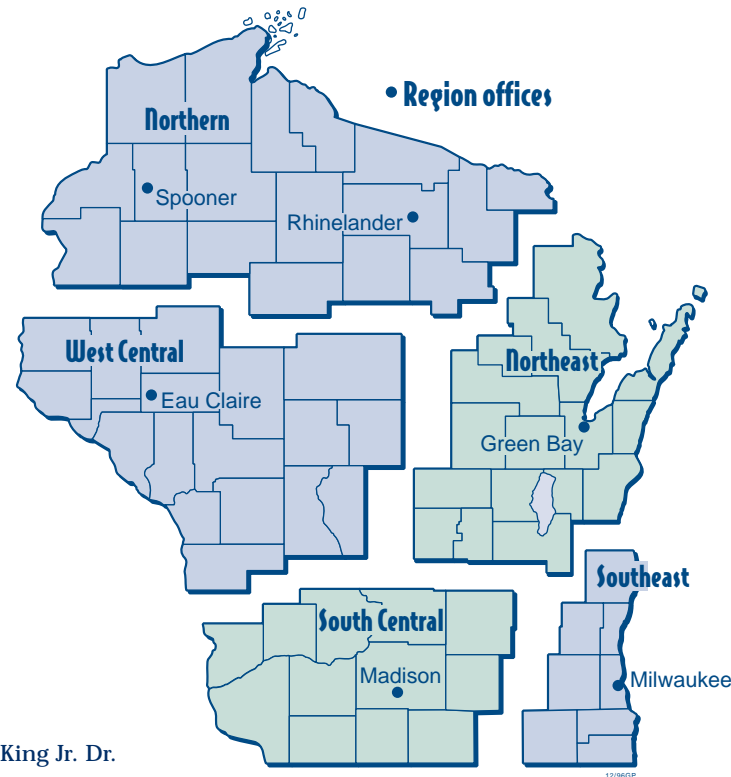
DNR  
1125 N. Military Ave.  
Box 10448  
Green Bay, WI 54307  
(920) 492-5800

#### Southeast Region

DNR  
2300 N. Dr. Martin Luther King Jr. Dr.  
Box 12436  
Milwaukee, WI 53212  
(414) 263-8500

#### South Central Region

DNR  
3911 Fish Hatchery Rd.  
Fitchburg, WI 53711  
(608) 275-3266



### Wisconsin Division of Public Health

(608) 266-1120 or [www.dhfs.state.wi.us/eh/](http://www.dhfs.state.wi.us/eh/)

### DNR Website

This advisory can also be viewed on the DNR's website: [www.dnr.state.wi.us](http://www.dnr.state.wi.us)

### Food and Drug Administration

[www.cfsan.fda.gov](http://www.cfsan.fda.gov)

### Environmental Protection Agency

[www.epa.gov/ost/fish](http://www.epa.gov/ost/fish)