

Choose wisely - 2014

A health guide for eating fish in Wisconsin



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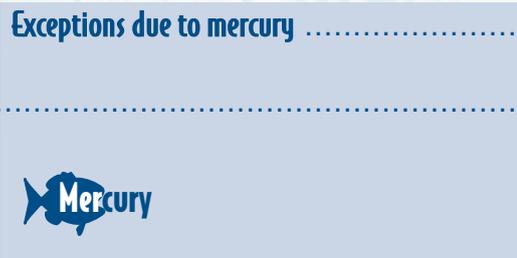
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Choose wisely

A health guide for eating fish in Wisconsin

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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 to help you select fish that are low in contaminants.



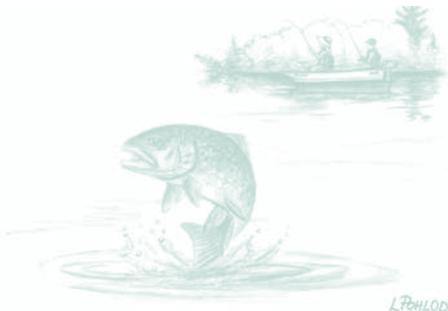
Benefits of eating your catch

Fishing is a great tradition and a fun way to spend outdoors. Eating your catch can be part of a healthy, balanced diet. Fish are generally low in unhealthy saturated fat, high in protein, and contain a number of vitamins and minerals. Fish are also a primary food source of healthy fats – omega-3 fatty acids. Studies suggest that omega-3 fatty acids are essential for brain and nerve functions and modest consumption of fish containing omega-3s may lower the risk of heart disease in adults. Many doctors suggest eating 1 to 2 meals of fish each week can benefit your health but little additional benefit is gained by eating more than that.

However, fish may take in pollutants from the water they live in and the food they eat. Some pollutants can build up in the fish to levels that can be harmful to fish consumers – including humans. 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 want to eat different species of fish, eat fish from different waters, or space fish meals farther apart.

Fish testing sites

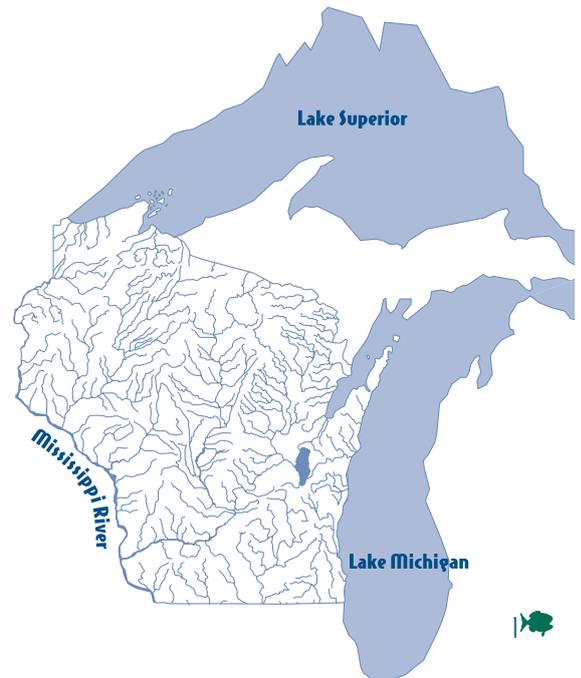
Wisconsin's fish collection and testing program is frequently adjusted to meet changing needs. New sites are tested each year, along with some previously tested waters to determine trends in contaminant levels.



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 testing began, over 1700 sites have been tested. 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.



Advice - statewide and special exceptions

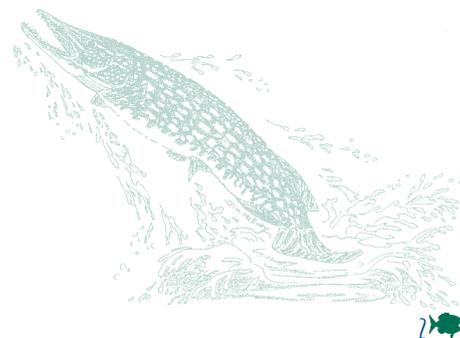
Wisconsin's fish consumption advice is a recommendation on how many meals of fish you and your children may safely eat. The recommended number of meals for a given length of time (weekly, monthly, or yearly) is based on the contaminant levels found in fish and may vary by location and by type and size of the fish.

Because fish from most waters contain mercury, statewide safe-eating guidelines provide the same advice for most inland waters. However, there are special exceptions to the statewide safe-eating guidelines for locations where higher levels of contaminants have been found in fish.

Wisconsin's fish consumption advice 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 determined how much fish is safe to eat over a lifetime based on the amount of contaminants found in the fish and how those contaminants affect human health. Health officials considered a range of possible health risks such as cancer, hormonal and immune system effects, but placed the most weight on healthy development of babies and children.

"People 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."

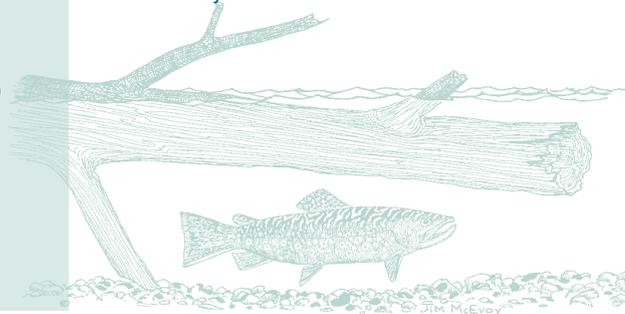
- Dr. Henry Anderson Wisconsin Division of Health



PCBs have been shown to cause cancer in animals. The risk of developing cancer as a result of eating contaminated fish is very small and varies depending on your genetic susceptibility and general health, and on the amount of contaminated fish eaten over a lifetime. Using methods developed by the U.S. Environmental Protection Agency (EPA), it is estimated that if 10,000 people ate PCB-contaminated fish over their lifetimes and followed this advisory, no more than one additional cancer case would be expected.

Contaminants of concern

Two main contaminants are responsible for fish advisories in Wisconsin. They are **polychlorinated biphenyls (PCBs)** and **mercury**. These contaminants differ in where they come from, where they accumulate in fish, and how they affect human health.



Contaminants such as PCBs and mercury build up in your body over time. It may take months or years of frequently eating contaminated fish before health problems become a concern. Health problems that have been linked to PCBs and mercury range from effects that are hard to detect like poor balance or problems with memory, to a slight increase in your risk of a more serious disease like diabetes or cancer.

Other contaminants of concern at a few locations in Wisconsin are dioxins and perfluorooctane sulfonate (PFOS).

Contaminant	PCBs	Mercury
What is it? Where does it come from?	Polychlorinated biphenyls(PCBs) are synthetic (man-made) substances that were used in the manufacture of electrical transformers, carbonless papers, cutting oils, and hydraulic fluids. Manufacture of PCBs was banned in the US in 1979. 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.
What water bodies contain the contaminant?	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.
What types of fish contain the most contaminants?	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.
Where is it found in fish?	<p>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).</p> <p>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.</p>	Mercury accumulates throughout the fish, including the part that you eat. Therefore, trimming, skinning, and cooking do not reduce mercury levels in fish.
What is its effect on human health?	<p>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.</p> <p>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.</p>	<p>Mercury affects the human nervous system. Mercury can damage developing brains of children and may affect a child's behavior and ability to learn. In adults, too much mercury may result in loss of coordination and affect vision, hearing, and speech. Some studies have also found higher rates of heart disease in men who had elevated mercury levels.</p> <p>The human body can eliminate mercury over a period of several weeks. Therefore, spacing your meals out over time will help reduce the amount of mercury in your system.</p>

Purchased fish



You may wonder about the levels of contaminants in fish from stores or restaurants. The Food and Drug Administration (FDA) sets tolerance levels for contaminants and regulates the interstate sale of fish. In addition, FDA and the Environmental Protection Agency (EPA) recommends that 8 to 12 ounces of fish that are low in mercury be eaten per week to obtain the health benefits of fish and shellfish. Please see the FDA/EPA Consumer Advice for more information (www.fda.gov/Food/FoodborneIllnessContaminants) and to determine which commercial fish species are safest.

Fish purchased in stores and restaurants may also contain contaminants. Follow these guidelines for popular commercial species to reduce your exposure to mercury:

Purchased Species	Women of child-bearing age and children under 15	Women beyond child-bearing age and men
<i>Atlantic or Pacific Salmon (not Great Lakes), farm-raised catfish, shrimp, pollock, and other purchased fish low in mercury</i>	2 meals per week	Unrestricted
	OR	
Canned "light" tuna	1 meal per week	Unrestricted
	AND	
Canned white tuna, tuna steaks, halibut	1 meal per month	1 meal per week
		AND
Shark, swordfish, king mackerel, tilefish	Do Not Eat	1 meal per month

Before purchasing fish, ask about the source of the fish and eat a variety of species to ensure that you do not eat a steady diet of fish with high levels of contaminants. In addition, check with state and local agencies for information on the safety of

commercially sold fish harvested from those areas. Several Wisconsin sportfish are also commercially caught and sold. See pages 23-30 for advice for Lakes Michigan and Superior and the Mississippi River if you eat purchased fish harvested from these waters.



Eating crayfish and turtles

People interested in eating crayfish and snapping turtles from Wisconsin should follow applicable harvest rules and regulations. Clams may no longer be harvested from Wisconsin waters.

Aquatic or semi-aquatic animals can accumulate the same contaminants that occur in fish, but the levels aren't necessarily the same. Snapping turtles 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.



Fish parasites and diseases

Select healthy fish and healthy tissue for cooking and eating. Most diseases that affect fish health have no impact on human health. Fish can be carriers of viruses or bacteria, but show no signs of disease. Fish that appear normal are safe to eat so long as the fish is properly cooked. Do not eat fish you found dead, decomposing, or that appears sick. Wash your hands after handling fish especially if they are dead or appear diseased.

Fish may also have parasites such as worms or grubs or tumors and cysts. Most fish parasites are a normal part of the ecosystem. Fish parasites do not pose a health risk if the fish is thoroughly cooked. The only parasite in Wisconsin fish that is a concern to humans is the broadfish tapeworm and it may live in the muscle of some fish. If you are pickling fish, use a canning method that includes a boiling water bath to ensure that any tapeworms are killed.



For more information about preventing the spread of fish diseases, see dnr.wi.gov/topic/fishing/fishhealth.



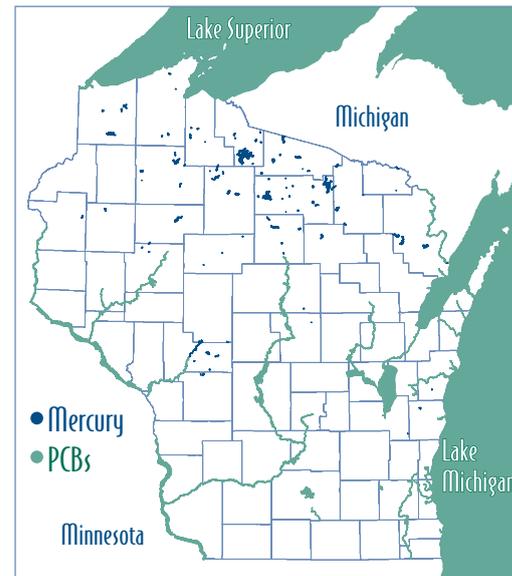
How to use this advisory

- 1) Read the safe-eating guidelines on page 9. **These guidelines apply to fish from all of Wisconsin's inland (non-Great Lakes) waters.**
- 2) Determine if your fishing spot has additional, special advice. Exceptions to the statewide Safe-eating Guidelines are necessary for some species of fish from 145 areas where fish have higher concentrations of mercury or PCBs.
 - See pages 10-15 for a list of waters (by county) where exceptions apply to waters due to higher concentrations of mercury. These waters are indicated in blue on the map (see right).

- See pages 16-34 for a list of waters (by name) where exceptions apply due to other chemicals. These waters are shown in green on the map (see right) and include Lake Superior, Green Bay, Lake Michigan, Lake Superior, Green Bay, and several larger rivers.

- 3) Measure your fish from the tip of the nose to the end of the tail and follow the advice appropriate for the species of fish and length.
 

- 4) **If the waterbody or fish species does not appear in the tables on pages 11-34, follow the safe-eating guidelines below. For fish from stores or restaurants, see page 6.**



Safe-eating guidelines – for most of Wisconsin's inland (non-great lakes) waters

Women of childbearing years (50 and younger), nursing mothers and all children under 15 may eat:

1 meal per week - Bluegill, crappies, yellow perch, sunfish, bullheads and inland trout;

and

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

Do not eat - Muskies.



Women beyond their childbearing years (over 50) and men may eat:

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

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

and

1 meal per month - Muskies.



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

Highly contaminated fish should be avoided (check the tables on the following pages).

Advisories apply only to eating your catch. See Wisconsin fishing regulations for rules on fishing.



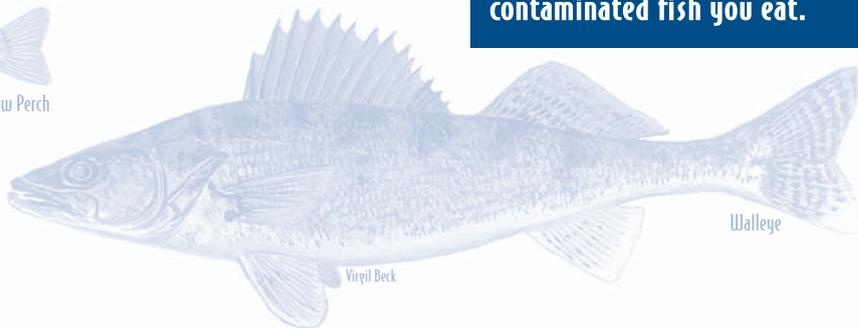
Exceptions due to mercury

All fish contain some mercury. Large fish, especially walleye contain more mercury than small fish, like perch. In some lakes and rivers, mercury bioaccumulates to higher levels in fish. The following table contains advice for fish that have been found to contain mercury at higher levels. Women who may become pregnant and children under 15 should be especially careful to follow the guidance in the table.



Yellow Perch

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

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 (50 and younger) and children under 15	
		DO NOT EAT	1 meal/month
		Men and older women (over 50)	
		1 meal/month	1 meal/week
Ashland	English Lake	Walleye larger than 16"	
Ashland	Lake Three (T44 R4W S3)		Black Crappie
Ashland	Moquah and Spider Lakes		Bluegill
Ashland	Spillerberg Lake		Yellow Perch
Barron	Silver Lake	Walleye larger than 15"	
Bayfield	Diamond Lake	Walleye larger than 19"	
Bayfield	Long Lake (T48 R5W S6)	Walleye larger than 15"	Yellow Perch
Bayfield	Siskiwit Lake	Largemouth Bass larger than 14"	
Bayfield	Tahkodah Lake	Walleye larger than 16"	
Chippewa	Horseshoe Lake (T32 R8W S33)	Walleye - all sizes	All Panfish
Chippewa	Round Lake (T32 R9W S14)	Walleye larger than 20"	
Clark (Jackson)	Black River: Lake Arbutus	Walleye larger than 18"	Black Crappie
		Walleye larger than 22"	Black Crappie
		Channel Catfish larger than 25"	Bluegill
		Smallmouth Bass larger than 17"	
Clark	Sherwood Lake	Largemouth Bass larger than 16"	Black Crappie
Douglas	Lyman Lake	Walleye larger than 17"	Black Crappie
Douglas	Minnesuing Lake	Walleye larger than 20"	Black Crappie
Douglas	Nebagamon Lake	Walleye larger than 23"	
Douglas	St. Croix Flowage		Black Crappie
Douglas	St. Louis River/Superior Harbor	Walleye larger than 20"	

Continued on next page



County	Water body	Women of childbearing age (50 and younger) and children under 15	
		DO NOT EAT	1 meal/month
		Men and older women (over 50)	
		1 meal/month	1 meal/week
Florence	Brule River Flowage	Walleye larger than 24"	Black Crappie
Florence	Sand Lake (T38 R18E S21)	Walleye larger than 18"	
Fond du Lac	Mauthe Lake		Yellow Perch
Forest	Deep Hole Lake	Walleye larger than 18"	
Forest	Little Rice Flowage		Black Crappie
Forest	Little Sand Lake	Northern Pike larger than 25"	Bluegill
Forest	Van Zile Lake	Largemouth Bass - all sizes Northern Pike larger than 24"	
Iron	Bearskull Lake	Walleye larger than 18"	Bluegill
Iron	Island Lake (T44 R1E S25)	Walleye larger than 16"	
Iron	Lake Six	Northern Pike larger than 26"	Yellow Perch
Iron	North Bass Lake	Largemouth Bass - all sizes	Bluegill
Iron	Owl Lake	Walleye - all sizes	Black Crappie
Iron	Spider Lake	Walleye larger than 15"	
Iron	Turtle-Flambeau Flowage and Trude Lake	Walleye larger than 24"	Black Crappie
Jackson	Black River: Lake Arbutus to Black River Falls		Black Crappie
Jackson	Cranberry Flowage - Upper	Largemouth Bass larger than 19"	Black Crappie, Bluegill
Jackson	Harkner Flowage		Black Crappie, Yellow Perch
Jackson	Potter's Flowage	Largemouth Bass larger than 18"	Black Crappie, Yellow Perch
Jackson	Townline Flowage		Black Crappie, Yellow Perch
Jackson	White Tail Flowage	Northern Pike larger than 22"	Yellow Perch
Langlade	Deep Wood Lake (T33 R10E S14)	Northern Pike larger than 26"	Bluegill
Langlade	Greater Bass Lake	Largemouth Bass - all sizes Northern Pike larger than 22"	
Langlade	Summit Lake	Largemouth Bass - all sizes	Black Crappie
Lincoln	Bass-Long Lake (T34 R08E S16)	Largemouth Bass - all sizes	
Lincoln	Pesabic Lake		Black Crappie
Lincoln	Somo Lake	Walleye larger than 22"	Bluegill
Lincoln	Spirit River Flowage		Black Crappie, Bluegill
Lincoln	Tug Lake	Northern Pike larger than 19"	Bluegill
Manitowoc	Pigeon Lake	Largemouth Bass larger than 17"	
Marathon	Big Bass Lake	Walleye larger than 18" Largemouth Bass larger than 18"	
Marinette	Lake Noquebay	Walleye larger than 23"	
Marinette	Menominee River at Lower Scott Flowage	Walleye larger than 16" Redhorse larger than 22"	All Panfish
Marinette	Menominee River from Piers Gorge to Lower Scott Flowage	Walleye larger than 20"	
Marinette	Peshtigo River at Caldron Falls Flowage	Walleye larger than 17"	Black Crappie, Yellow Perch
Marinette	Peshigo River at High Falls Flowage	Walleye larger than 17"	Black Crappie
Monroe	North Flowage	Largemouth Bass larger than 15"	Black Crappie
Monroe	Ranch Creek at Lost Lake	Largemouth Bass larger than 21"	Black Crappie, Bluegill
Oneida	Currie Lake	Walleye larger than 16"	
Oneida	Emma Lake	Walleye larger than 20"	
Oneida	Franklin Lake	Walleye larger than 21"	
Oneida	Hemlock Lake	Walleye larger than 17"	All Panfish
Oneida	Hodstradt Lake	Walleye larger than 19"	

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County	Water body	Women of childbearing age (50 and younger) and children under 15	
		DO NOT EAT	1 meal/month
		Men and older women (over 50)	
		1 meal/month	1 meal/week
Oneida (Forest)	Julia Lake (T38 R12E S06)	Walleye larger than 15"	
Oneida	Long Lake (T37 R7E S10)	Walleye larger than 21"	
Oneida	McGrath Lake	Largemouth Bass larger than 18"	Bluegill, Yellow Perch
Oneida	Moen's Lake Chain (includes Moen's, Second, Third, Fourth, and Fifth Lakes)	Walleye larger than 19"	
Oneida	Sugar Camp Lake	Walleye larger than 18" Smallmouth Bass larger than 17" Northern Pike larger than 28"	
Oneida	Three Lakes Chain (Including Big, Big Fork, Big Stone, Dog, Fourmile, Island, Planting Ground)	Walleye larger than 26"	Yellow Perch
Oneida	Virgin Lake	Walleye larger than 22"	
Oneida	Whitefish Lake		Yellow Perch
Oneida	Willow Flowage	Walleye larger than 17"	
Oneida	Willow Lake (T37 R4E S09)	Walleye larger than 20"	
Polk	Pipe Lake (T35 R15W S15)	Largemouth Bass all sizes	
Portage	Collins Lake	Walleye larger than 20"	
Price	Bass Lake (T40 R2W S15)	Walleye larger than 15"	
Price (Ashland)	Butternut Lake (T40 R01W S18)	Walleye larger than 22"	
Price	Flambeau River at Crowley Flowage	Walleye larger than 23"	Black Crappie
Price	Flambeau River at Lower Park Falls Flowage	Northern Pike larger than 22"	
Price	Flambeau River at Pixley Flowage	Walleye larger than 23"	Black Crappie
Price	Musser Lake	Walleye larger than 24"	Black Crappie
Price	Solberg Lake	Walleye larger than 22"	Black Crappie
Rusk (Chippewa)	Sand Lake (T33 R08W S34)	Walleye larger than 21"	
Rusk	Flambeau River at Dairyland Flowage	Walleye - all sizes	
Sawyer (Ashland)	Black Lake		Black Crappie, Bluegill
Sawyer	Ghost Lake	Walleye larger than 20"	
Sawyer	Moose Lake	Walleye - all sizes	
Sawyer	Upper Holly Lake		Black Crappie
Sawyer	Windigo Lake	Walleye larger than 15"	
Sawyer	Winter Lake		Black Crappie
Sheboygan	Big Elkhart Lake	Walleye larger than 19"	
Taylor	Diamond Lake	Walleye - all sizes	
Taylor	Sackett Lake	Walleye larger than 19"	
Taylor	South Harper Lake	Walleye larger than 19"	
Vilas	Annabelle Lake	Walleye larger than 20"	
Vilas	Broken Bow Lake	Largemouth Bass larger than 15"	
Vilas	Ike Walton Lake	Walleye - all sizes	
Vilas	Jag Lake	Walleye larger than 20"	
Vilas (Forest)	Kentuck Lake		Black Crappie
Vilas	Lynx Lake (T43 R7E S18)	Walleye larger than 18"	
Vilas	Oxbow Lake	Walleye larger than 21"	
Vilas	Shannon Lake	Largemouth Bass larger than 16"	
Vilas	Snipe Lake	Walleye larger than 19"	Yellow Perch
Vilas	Ballard Chain (White Birch, Ballard, Irving Lakes)	Walleye larger than 17"	

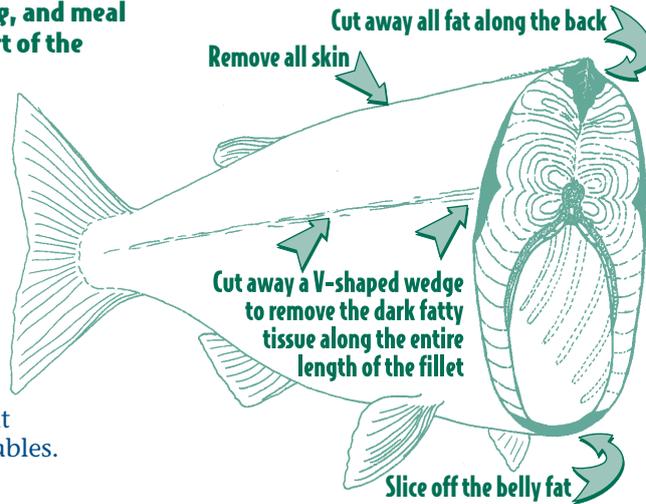


Exceptions due to PCBs and other chemicals

Important: These fillet, cooking, and meal size recommendations are a part of the advice in the following tables.

Broil, grill or bake the trimmed, skinned fish so the fat drips away. Don't use the drippings to prepare sauce or gravies.

Women of childbearing age who may become pregnant, or children under the age of 15 should be especially careful to space fish meals out according to these advisory tables.



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.

Your body weight	Fish Meal (fillet weight before cooking)
75 pounds	1/4 pound
150 pounds	1/2 pound
225 pounds	3/4 pound

Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
Ahnapee River					
Carp			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advice				
All other species	Follow the Safe-eating guidelines - page 9				
Badfish Creek in Dane County and Oregon Branch downstream of Schneider Road					
Carp			All sizes		
All other species	Follow the Safe-eating guidelines - page 9				
Black River below Black River Falls downstream to its mouth at the Mississippi River - also, see special advice for Clark and Jackson Counties, page 11-13					
Black Crappie (mercury)			All sizes		
Channel Catfish			Larger than 25"		
All other species and/or sizes	Follow the Safe-eating guidelines - page 9				
Branch River in Manitowoc County - also see Manitowoc River					
Trout and Salmon	Follow the Lake Michigan PCB advice				
All other species and/or sizes	Follow the Safe-eating guidelines - page 9				

Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
Cedar Creek from Bridge Road in the Village of Cedarburg, including Zeunert Pond, downstream to the Milwaukee River					
All Species					All sizes
Chippewa River – downstream of dam at Holcombe to confluence with Mississippi River					
Carp			All sizes		
Sturgeon			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				
Fond du Lac River -					
Follow the Lake Winnebago PCB advisory					
Fox (IL) River (including Lake Tichigan)					
Carp			All sizes		
Channel Catfish			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				
Fox River from Portage downstream to, but not including Buffalo Lake – also see Portage Canal page 30					
Black Crappie		All sizes			
Bluegill		All sizes			
Bullhead			All sizes		
Carp				All sizes	
Smallmouth Bass			All sizes		
White Sucker			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				
Fox River at Buffalo Lake					
Carp				All sizes	
Panfish		All sizes			
All other species	Follow the  Safe-eating guidelines - page 9				
Fox River from Little Lake Butte des Morts downstream to the dam at DePere					
Carp					All sizes
Channel Catfish			All sizes		
Walleye			All sizes		
White Bass			All sizes		
White Perch			All sizes		
Yellow Perch			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				

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Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
Fox River from the DePere Dam downstream to the mouth of the Fox where it enters Green Bay					
Bigmouth Buffalo					All sizes
Black Crappie			All sizes		
Bluegill			All sizes		
Carp					All sizes
Channel Catfish					All sizes
Lake Whitefish			All sizes		
Northern Pike			Less than 33"	Larger than 33"	
Rock Bass			All sizes		
Sheepshead			Less than 19"	19" - 23"	Larger than 23"
Smallmouth Bass			All sizes		
Walleye			Less than 21"	21" - 25"	Larger than 25"
White Bass				All sizes	
White Perch				All sizes	
White Sucker			All sizes		
Yellow Perch			All sizes		
Green Bay south of Marinette and its tributaries (except the Fox River) including the Menominee, Oconto, and Peshtigo Rivers from their mouths up to the first dam					
Brown Trout			Less than 28"		Larger than 28"
Burbot		All sizes			
Carp					All sizes
Channel Catfish				All sizes	
Chinook Salmon			All sizes		
Lake Whitefish			All sizes		
Musky				Larger than 50"	
Northern Pike		Less than 27"	Larger than 27"		
Rainbow Trout			All sizes		
Sheepshead			All sizes		
Smallmouth Bass		Less than 13"	Larger than 13"		
Sturgeon					All sizes
Walleye			All sizes		

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Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
White Bass				All sizes	
White Perch				All sizes	
White Sucker		All sizes			
Yellow Perch		All sizes			
Kewaunee River					
Channel Catfish			Less than 13"	Larger than 13"	
Carp				All sizes	
Trout and Salmon	Follow the Lake Michigan PCB advice				
All other species	Follow the  Safe-eating guidelines - page 9				
Lac La Belle					
Buffalo			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				
Lake Mendota					
Carp			Larger than 23"		
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
Lake Michigan and its tributaries up to the first dam including the Root, Pike, Milwaukee, Sheboygan, Manitowoc and Kewaunee Rivers - also see these rivers					
Brown Trout			All sizes		
Chinook Salmon			All sizes		
Chubs			All sizes		
Coho Salmon			All sizes		
Lake Trout			Less than 27"		Larger than 27"
Lake Whitefish			All sizes		
Rainbow Trout		Less than 22"	Larger than 22"		
Smelt		All sizes			
Yellow Perch		Less than 11"	Larger than 11"		
Lake Monona and Lake Wingra					
Carp			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				

Continued on next page



Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
Lake Superior including tributaries up to their first impassable barrier. Also see Douglas County, St. Louis River/Superior Harbor pages 11 and 32.					
Brown Trout		All sizes			
Burbot	All sizes ¹	All sizes ²			
Chinook Salmon		Less than 32"	Larger than 32"		
Chubs		All sizes			
Coho Salmon	All sizes ¹	All sizes ²			
Lake Herring	All sizes ¹	All sizes ²			
Lake Sturgeon			Larger than 50"		
Lake Trout		Less than 22"	22" - 37"	Larger than 37"	
Lake Whitefish		All sizes			
Rainbow Trout	All sizes ¹	All sizes ²			
Siscowet			Less than 29"	29" - 36"	Larger than 36"
Smelt	All sizes				
Walleye		All sizes ¹	All sizes ²		
Yellow Perch	All sizes ¹	All sizes ²			
Lake Winnebago including Lake Poygan, Lake Butte des Morts, and the Wolf River upstream to Shawano Dam - includes Fond du Lac River					
Carp			Larger than 26"		
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
Manitowoc River (South Branch) from Chilton downstream to Hayton Millpond and tributaries to this reach - includes Pine and Jordan Creeks					
All Species					All sizes
Manitowoc River from Hayton Dam downstream to Clarks Mills Dam					
Bullhead			All sizes		
Carp					All sizes
Northern Pike					All sizes
Rock Bass					All sizes
White Sucker				All sizes	
Manitowoc River from dam at Clarks Mills downstream to the mouth at Lake Michigan					
Carp			All sizes		
Channel Catfish				Less than 20"	Larger than 20"
Smallmouth Bass			All sizes		

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¹ - advice for men and older women (over 50).

² - advice for women of childbearing age (50 and younger) and children under 15.

Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
Northern Pike			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advice				
Menominee River from Piers Gorge to Lower Scott Flowage - see also Green Bay					
Carp			All sizes		
Walleye and Panfish	See special advice for mercury, Marinette County, Menominee River page 13				
All other species	Follow the  Safe-eating guidelines - page 9				
Milwaukee River from the city of Grafton downstream to Estabrook Falls including Lincoln Creek					
Black Crappie		All sizes			
Bluegill		All sizes			
Bullhead			All sizes		
Carp					All sizes
Channel Catfish				All sizes	
Largemouth Bass			All sizes		
Northern Pike			All sizes		
Redhorse			All sizes		
Rock Bass		All sizes			
Smallmouth Bass			All sizes		
Walleye			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advice				
Milwaukee River from Estabrook Falls downstream to the estuary including the Menomonee and Kinnickinnic Rivers					
Black Crappie				All sizes	
Bluegill			All sizes		
Bullhead			All sizes		
Carp					All sizes
Channel Catfish			All sizes		
Northern Pike				All sizes	
Redhorse				All sizes	
Rock Bass			All sizes		
Smallmouth Bass			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advice				

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Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
Walleye			Less than 22"	Larger than 22"	
White Sucker				All sizes	
Yellow Perch		All sizes			
Mississippi River - Pool 3					
Bluegill (PFOS)		All sizes			
Carp			All sizes		
Catfish, Channel			All sizes		
Crappie (PFOS)		All sizes			
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
Mississippi River - Pool 4					
Bluegill (PFOS)		All sizes			
Buffalo			All sizes		
Carp			All sizes		
Channel Catfish			All sizes		
Flathead Catfish			All sizes		
White Bass			All sizes		
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
Mississippi River - Pools 5, 5A, and 6					
Bluegill (PFOS)		All sizes			
Crappie (PFOS)		All sizes			
White Bass			All sizes		
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
Mississippi River - Pool 9					
Bowfin (mercury)			Less than 29"		Larger than 29"
Buffalo			All sizes		
Carp			Larger than 25"		
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
Mississippi River - Pools 10, 11, and 12					
Carp			Larger than 25"		
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				

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*PFOS= Perfluorooctane sulfonate

Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
Pike River in Kenosha County from Carthage College in the city of Kenosha downstream to the mouth					
Carp			All sizes		
Largemouth Bass			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advice.				
All other species	Follow the  Safe-eating guidelines - page 9				
Portage Canal					
Carp			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				
Red Cedar River downstream of Lake Menomin to confluence with Chippewa River					
Channel Catfish			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				
Root River from Horlicks Dam in the city of Racine downstream to the mouth					
Carp					All sizes
Trout and Salmon	Follow the Lake Michigan PCB advice				
All other species	Follow the  Safe-eating guidelines - page 9				
Sheboygan River from the dam at Sheboygan Falls downstream to the mouth					
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 advice				
St. Croix River below St. Croix Falls downstream to Stillwater, MN					
Buffalo			All sizes		
White Bass			All sizes		
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				

Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
St. Croix River from Stillwater, MN downstream to the confluence with the Mississippi River					
Buffalo			Larger than 22"		
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
St. Louis River from Superior Entry up to the dam at Fond du Lac, MN - see also Lake Superior PCB advisory					
Carp			All sizes		
Walleye	See special advice for mercury, Douglas County, St. Louis River/Superior Harbor page 11				
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
Twin (East and West) Rivers at Two Rivers from their mouths up to the first dam					
Black Crappie		All sizes			
Bullhead		All sizes			
Carp			All sizes		
Channel Catfish			Less than 15"	15" - 23"	Larger than 23"
Northern Pike			Larger than 27"		
Trout and salmon	Follow the Lake Michigan PCB advice				
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
Wisconsin River from dam at Merrill downstream to the dam at Nekoosa					
Carp			All sizes		
Redhorse			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				
Wisconsin River from the dam at Nekoosa downstream to the Petenwell Dam (Petenwell Flowage)					
Carp					All sizes (dioxin)
Channel Catfish			Less than 20"		Larger than 20" (dioxin)
White Bass			All sizes		
All other species	Follow the  Safe-eating guidelines - page 9				
Wisconsin River from Petenwell Dam downstream to Castle Rock Dam (Castle Rock Flowage)					
Carp			All species		
All other species	Follow the  Safe-eating guidelines - page 9				

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Waterbody/Species	Unrestricted	No more than 1 meal a week	No more than 1 meal a month	No more than 1 meal every 2 months (6 meals/year)	Do Not Eat
Wisconsin River from Castle Rock Dam downstream to Wisconsin Dells Dam					
Carp			All Sizes		
Channel Catfish			All Sizes		
All other species	Follow the  Safe-eating guidelines - page 9				
Wisconsin River at Wisconsin Dells downstream to the Prairie du Sac Dam (includes Lake Wisconsin)					
Carp			All Sizes		
Lake Sturgeon			Less than 70"	Larger than 70"	
All other species	Follow the  Safe-eating guidelines - page 9				
Wisconsin River from the dam at Prairie du Sac downstream to the confluence with the Mississippi River					
Carp			Larger than 20"		
Lake Sturgeon			Less than 70"	Larger than 70"	
All other species and/or sizes	Follow the  Safe-eating guidelines - page 9				
					

For more information . . .

This advisory can also be viewed on the DNR's website: dnr.wi.gov/topic/fishing/consumption. To find out if fish from a particular water have been tested, call or write the DNR Bureau of Fisheries Management, P.O. Box 7921, Madison, WI 53707, (608) 267-7498 or contact a DNR office:

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

DNR
107 Sutliff Ave.
Rhineland, WI 54501
(715) 365-8900

DNR
1300 W. Clairemont
Eau Claire, WI 54702-4001
(715) 839-3700

DNR
2984 Shawano Ave.
Green Bay, WI 54313-6727
(920) 662-5100

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

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



Wisconsin Division of Public Health
(608) 266-1120 or dhs.wisconsin.gov/eh/

Food and Drug Administration
www.fda.gov/food

Environmental Protection Agency
epa.gov/waterscience/fish/