



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



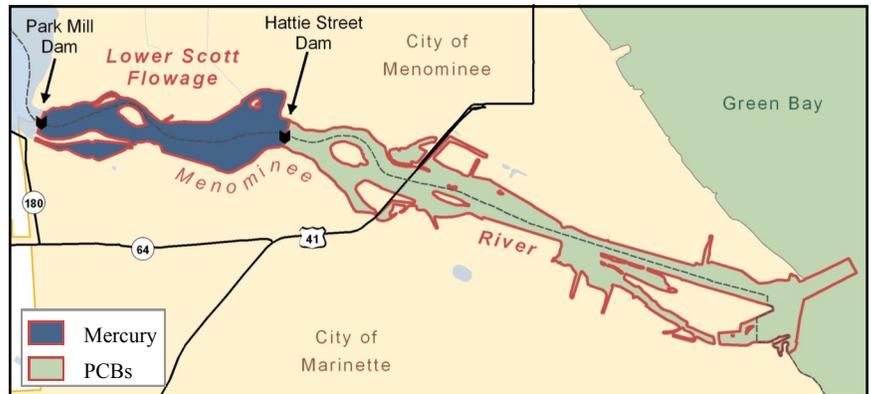
## Benefits of eating your catch

Fish are a nutritious family food. Some of the benefits of catching and eating 1-2 servings of fish per week 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 pose health risks and prompt the need for fish consumption advisories. The advice for the Menominee River 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. PCBs were discharged to waterways, remain in sediments and accumulate in the foodchain.

Mercury is an element of the earth but is released into the air from several industrial activities. Airborne mercury falls on land and water and is then converted to 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

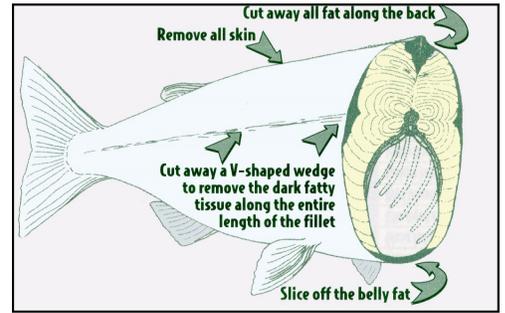


Aerial view of the mouth of the Menominee River

## 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 and remove the skin
- Trim away belly fat, fat on the backsides and fatty dark meat
- Do not eat the eggs
- Bake, broil, or grill and 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 up to:**

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

**1 meal per month** - Bass, carp, catfish, pike, walleye under 20", and all other species

**Do not eat** - Lake Sturgeon, muskies, and walleye over 20"

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

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

**1 meal per week** - Bass, catfish, pike, walleye under 20", and all other species  
**and**

**1 meal per month** - Carp, muskies, and walleye over 20"

**Do not eat** - Lake Sturgeon

### Menominee River at Lower Scott Flowage

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

**1 meal per week** - Bullheads, inland trout

**and**

**1 meal per month** - Bass, bluegills and sunfish, catfish, crappies, pike, redhorse under 22", walleye under 16", yellow perch, and all other species

**Do not eat** - Lake sturgeon, muskies, redhorse over 22", and walleye over 16"

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

**Unrestricted** - Bullheads, inland trout

**1 meal per week** - Bass, bluegills and sunfish, catfish, crappies, pike, redorse under 22", walleye under 16", yellow perch, and all other species

**and**

**1 meal per month** - Muskies, redhorse over 22", and walleye over 16"

**Do not eat** - Lake sturgeon

### Menominee River downstream of the Hattie Street Dam to mouth (*Green Bay advice*)

Eat up to	Species and sizes
1 meal per week	burbot, northern pike under 27", smallmouth bass under 13", white sucker, yellow perch
1 meal per month	brown trout under 26", chinook salmon, lake whitefish, northern pike over 27", rainbow trout, sheepshead, smallmouth bass over 13", walleye
1 meal every 2 months	brown trout over 26", channel catfish, white bass, white perch
DO NOT EAT	carp, lake sturgeon, muskies

