

Hook into Healthy Fish!



Reel in the facts about mercury in fish

Fish are fun to catch and good to eat.

Fish are healthy food – high in protein and low in fat.

But too much of a good thing can be bad for you. All fish contain some mercury. Eating too much contaminated fish can be harmful to you and your child's health.

Keep eating fish.

The benefits outweigh the health risks as long as you follow guidelines on how much fish to eat. These guidelines will help you limit your exposure to mercury while still enjoying healthy meals of fish.

Get more information:

For more information on mercury, PCBs, and other contaminants, please consult the full fish consumption advisory booklet. This booklet is available at your local DNR office, your local health department, or on the web at: www.dnr.state.wi.us.



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► 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.

Men, and women beyond their childbearing years may eat:

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

— AND —

1 meal per week Northern pike, smallmouth bass, largemouth bass, channel catfish, flathead catfish, walleye or other species.

*On certain waters, where data indicate higher mercury levels, more restrictive advice is needed. These waters are listed on the back of this flyer.

Special Advice for Certain Wisconsin Waters

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 eating fish from waters where the mercury levels are higher than found in most Wisconsin waters. Women of childbearing age and children under 15 are more sensitive to contaminants and need to take the precautions listed below.

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 can still be eaten according to the general guidelines on the front of this flyer.

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"		Marinette	Peshtigo River at Calderon Falls Flowage	Walleye larger than 20"	All Panfish
Ashland	Spillerberg Lake		Yellow Perch	Marinette	Peshtigo River at High Falls Flowage	Walleye larger than 20"	Black Crappie
Bayfield	Diamond Lake	Walleye larger than 20"		Monroe	North Flowage		Black Crappie
Bayfield	Long Lake (T48 R5W S6)	Walleye larger than 15" Largemouth Bass larger than 14"	Yellow Perch	Monroe	Ranch Creek at Lost Lake	Largemouth Bass larger than 15"	All Panfish
Bayfield	Siskiwit Lake	Walleye larger than 18"		Oneida	Currie Lake	Walleye larger than 19"	
Bayfield	Tahkodah Lake	Walleye - all sizes	All Panfish	Oneida	Dog Lake (T33 R1E S1S)	Walleye larger than 20"	All Panfish
Chippewa	Horseshoe Lake (T32 R5W S3S)	Walleye larger than 20"		Oneida	Emma Lake	Walleye larger than 20"	
Chippewa	Round Lake (T32 R9W S14)	Walleye larger than 20"		Oneida	Franklin Lake	Walleye larger than 21"	
Clark	Black River: Lake Arbutus	Walleye larger than 22" Channel Catfish larger than 25" Smallmouth Bass larger than 17"	Black Crappie	Oneida	Hemlock Lake	Walleye larger than 17"	All Panfish
Clark	Sherwood Lake		Black Crappie	Oneida	Hodstradt Lake	Walleye larger than 19"	
Douglas	Lyman Lake	Walleye larger than 17"		Oneida	Long Lake (T37 R7E S10)	Walleye larger than 21"	
Douglas	Minnesuing Lake	Walleye larger than 17"	Black Crappie	Oneida	McGrath Lake	Largemouth Bass larger than 18"	All Panfish
Douglas	St. Croix Flowage		Black Crappie	Oneida	Moen's Lake Chain (includes Moen's, Second, Third, Fourth, and Fifth Lakes)	Walleye larger than 19"	
Douglas	St. Louis River/Superior Harbor	Walleye larger than 20"		Oneida	Sugar Camp Chain of Lakes (includes Chain, Dam, Echo, Sand and Stone Lakes)	Walleye larger than 17"	
Florence	Brule River Flowage	Walleye larger than 20"		Oneida	Sugar Camp Lake	Walleye larger than 18" Smallmouth Bass larger than 17"	
Florence	Sand Lake (T38 R1E S21)	Walleye larger than 18"		Oneida	White Fish Lake		All Panfish
Fond du Lac	Mauthe Lake		Yellow Perch	Oneida	Willow Flowage	Walleye larger than 20"	
Forest	Deep Hole Lake	Walleye larger than 18"		Oneida	Willow Lake (T37 R4E S9)	Walleye larger than 20"	
Forest	Julia Lake (T38 R12E S10)	Walleye larger than 17"		Portage	Collins Lake	Walleye larger than 20"	
Forest	Little Sand Lake	Northern Pike larger than 25"	Bluegill	Price	Bass Lake (T40 R2W S1S)	Walleye larger than 15"	
Forest	Roberts Lake	Walleye larger than 23"		Price	Flambeau River at Crowley Flowage	Walleye larger than 23"	
Forest	Van Zile Lake	Largemouth Bass - all sizes Northern Pike larger than 24"	Bluegill	Price	Flambeau River at Pixley Flowage	Walleye larger than 22"	
Iron	Bearskull Lake	Walleye larger than 18"		Price	Musser Lake	Walleye larger than 24"	
Iron	Gile Flowage	Walleye larger than 19"		Price	Solberg Lake	Walleye larger than 20"	
Iron	Island Lake (T44 R1E S1S)	Walleye larger than 18"		Rusk	Flambeau River at Dairyland Flowage	Walleye larger than 17"	
Iron	Lake Six		Yellow Perch	Sawyer	Black Lake		Black Crappie
Iron	North Bass Lake	Largemouth Bass - all sizes		Sawyer	Ghost Lake	Walleye larger than 20"	
Iron	Owl Lake	Walleye larger than 17"	Black Crappie	Sawyer	Windigo Lake	Walleye larger than 19"	
Iron	Turtle-Flambeau Flowage and Trude Lake	Walleye larger than 18"		Sheboygan	Big Elkhart Lake	Walleye larger than 19"	
Jackson	Cranberry Flowage - Upper	Largemouth Bass larger than 19"	Black Crappie Bluegill larger than 8	Taylor	Sackett Lake	Walleye larger than 19"	
Jackson	Harkner Flowage		Black Crappie, Yellow Perch	Taylor	South Harper Lake	Walleye larger than 19"	
Jackson	Potter's Flowage	Largemouth Bass larger than 18"	Black Crappie, Yellow Perch	Vilas	Annabelle Lake	Walleye larger than 18"	
Jackson	Townline Flowage		Black Crappie, Yellow Perch	Vilas	Broken Bow Lake	Largemouth Bass larger than 15"	
Jackson	White Tail Flowage	Northern Pike larger than 22"		Vilas	Ike Walton Lake	Walleye - all sizes	
Langlade	Greater Bass Lake	Largemouth Bass - all sizes		Vilas	Jag Lake	Walleye larger than 20"	
Langlade	Summit Lake	Largemouth Bass - all sizes		Vilas	Kentuck Lake	Walleye larger than 25"	Black Crappie
Lincoln	Pesobic Lake		Black Crappie	Vilas	Lynx Lake (T43 R4E S1S)	Walleye larger than 18"	
Lincoln	Somo Lake	Walleye larger than 20"	Bluegill	Vilas	Shannon Lake	Largemouth Bass larger than 16"	
Lincoln	Spirit River Flowage		Black Crappie	Vilas	Snipe Lake	Walleye larger than 19"	Yellow Perch
Manitowoc	Pigeon Lake	Largemouth Bass larger than 17"		Vilas	White Birch Lake	Walleye larger than 21"	
Marathon	Big Bass Lake	Walleye larger than 18" Largemouth Bass larger than 17"					
Marinette	Lake Noqueby	Walleye larger than 19"					
Marinette	Menominee River at Lower Scott Flowage	Walleye larger than 19"	All Panfish				

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

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