

Statewide Eating Guidelines

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.

Statewide Eating Guidelines For most of Wisconsin's inland (non-Great Lakes) waters

Women of child-bearing age (under 50) and all children under 15 may safely eat:

1 serving per week: Bluegill, crappies, yellow perch, sunfish, bullheads, inland trout;

AND

1 serving per month:

Walleye, pike, bass, catfish, and all other species not listed here.

DO NOT EAT: Muskies.



Black Crappie



Muskellunge

Women over 50 and men may safely eat:

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

1 serving per week: Walleye, pike, bass, catfish, all other species not listed here;

AND

1 serving per month: Muskies.



Bluegill



White Bass



Channel Catfish

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

What's a serving?

Your body weight	Fillet weight before cooking
75 pounds	¼ pound (4 oz)
150 pounds	½ pound (8 oz)
225 pounds	¾ pound (12 oz)



**Follow fishing rules—
See Wisconsin's fishing
regulations!**

1/24/10 D

What about fish purchased from a store or restaurant?



Most purchased fish are from oceans or are farm-raised, but some are commercially harvested from local waters. Purchased fish also may contain contaminants. The Food and Drug

Administration (FDA) sets tolerance levels for contaminants and regulates the interstate sale of fish. In addition, the FDA and the Environmental Protection Agency (EPA) recommend that 8 to 12 ounces of low-mercury fish be eaten per week to obtain the health benefits of fish and shellfish. See the FDA/EPA Consumer Advice for more information (www.fda.gov/Food/FoodborneIllnessContaminants) and to determine which commercial fish species are safest.

Before purchasing fish, ask where the fish came from.

Do not regularly eat the types of fish with high levels of contaminants. Check state and local agencies for information on the safety of commercially sold fish harvested from local waters. Several Wisconsin sportfish are also commercially caught and sold. **See pages 8–9 for advice for Lakes Michigan and Superior if you eat purchased fish harvested from these waters.**



Follow these guidelines for popular commercial fish to reduce your exposure to mercury.

Purchased Species	Women under 50 and children under 15	Women over age 50 and men
<i>Atlantic or Pacific Salmon (not from the Great Lakes), farm-raised catfish, shrimp, pollock, and other purchased fish low in mercury</i>	<i>2 meals per week</i>	<i>Unrestricted</i>
OR		
<i>Canned “light” tuna</i>	<i>1 meal per week</i>	<i>Unrestricted</i>
AND		
<i>Canned “white” tuna (Albacore), tuna steaks, halibut</i>	<i>1 meal per month</i>	<i>1 meal per week</i>
AND		
<i>Shark, swordfish, king mackerel, tilefish</i>	DO NOT EAT	<i>1 meal per month</i>