

Your Guide to Eating Wisconsin Fish



Eating fish you catch is part of a healthy diet. But most fish have small amounts of contaminants, or unsafe chemicals, in them that can harm your body when eaten in large amounts. Use this guide to help you make safer choices when eating fish you catch from Wisconsin waterbodies.

Why is fish nutritious?

- Protein helps build strong bones and muscles.
- Healthy fats, like Omega-3, help maintain a healthy heart and help your brain function.
- Vitamins and minerals, like iron and zinc, support your immune system.



Protein



Healthy fats



Vitamins
and
minerals



What can be harmful about fish?

Fish take in contaminants from the water they live in. Common contaminants in Wisconsin fish are:

- PCBs (polychlorinated biphenyls)
- Mercury
- PFAS (perfluoroalkyl and polyfluoroalkyl substances)

Over time, these contaminants can cause health problems, like cancer or damage to your lungs, kidneys, liver, and brain. This is especially concerning for children, infants, and unborn babies whose brains are still growing.

How can I eat fish safely?

- Eat fish from waterbodies with fewer contaminants.
- Eat different types of fish.
- Use safe cooking methods.

Follow the links on page 2 to find out more.



Cook fish with three easy steps!

Follow these steps to reduce the amount of PCBs and other contaminants you eat. You cannot remove mercury or PFAS from fish.

1. Cut off the skin, head, and fat and remove the guts.



2. Bake, broil, or grill, allowing the fat to drip away.



3. Throw away cooking liquids and frying oils.



Celebrating culture is an important part of health. If these steps don't work with a traditional dish, consider saving this meal for special occasions to reduce contaminant intake over time. In general, the fillet is the safest part to eat.

How much fish should I eat?

One serving = an adult's palm (4 ounces or 115 grams)
Always serve children smaller portions.



Advice for most of Wisconsin's inland waters (not Great Lakes)	 Sensitive population*	 General population
<p>Best choices</p> <p>Bluegill Yellow Perch Rock Bass</p>    <p>Sunfish Crappie Inland Trout Bullhead</p>    	1 serving per week	No limit
<p>Good choices</p> <p>Walleye All other types of bass</p>    <p>Catfish Pike</p>   <p>And all other species not listed here</p>	1 serving per month	1 serving per week
<p>Avoid</p> <p>Musky</p> 	Do not eat	1 serving per month

*Sensitive population: people who could become pregnant, are pregnant or nursing, and children under 15
General population: everyone else