

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 of the fish to eat.

Fishing advisories

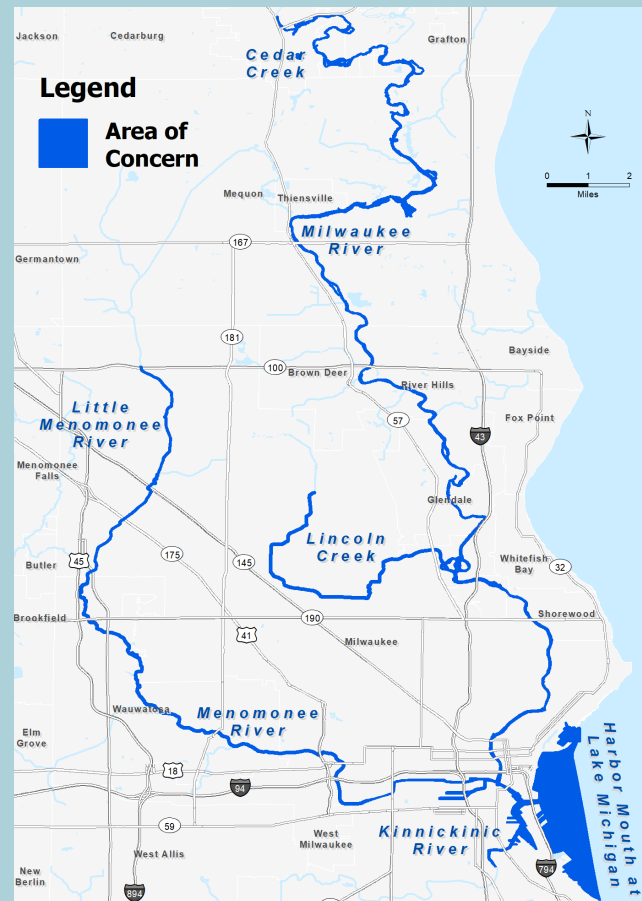
Before you go fishing, look up the most recent advisories for waterbodies in your area using the DNR Query Tool.



Scan the QR code to find advice for your fishing spot:

Areas of Concern near Milwaukee

These waterbodies in the Milwaukee area have high levels of contaminants. They are known as Areas of Concern. Check the query tool before eating fish from these waters.



Wisconsin Department of Health Services
Bureau of Environmental and Occupational Health
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Your Guide to Eating Wisconsin Fish



Why is fish nutritious?



Protein



Healthy fats



Vitamins and minerals

- 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.

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.

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

Best choices

Rock Bass



Sunfish



Crappie



Yellow Perch



Bullhead



Inland Trout



Bluegill



1 serving per week

No limit

Good choices

Walleye



All other types of bass



Catfish



Pike



And all other species not listed here

1 serving per month

1 serving per week

Avoid

Musky



Do not eat

1 serving per month