

Which Wisconsin Fish Should I Eat?



Fish you catch in Wisconsin are a good source of protein, vitamins, and healthy fats. But most fish have contaminants, or unsafe chemicals, in them that can harm your body when eaten in large amounts. Use this guide to make safer choices when eating fish you catch from Wisconsin waterbodies.

One serving = an adult's palm
(4 ounces or 115 grams)

Always serve children smaller portions.



Some waterbodies have their own advisories.
Scan the QR code to find your fishing spot:



Advice for most of Wisconsin's inland waters (not Great Lakes)



Sensitive population



General population

Best choices

Rock Bass

Bluegill



Crappie



Sunfish



Bullhead



Yellow Perch



Inland Trout



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

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

General population: everyone else