

You can protect yourself by fishing in tested waters. The Indiana Fish Consumption Advisory includes information about fish from lakes and rivers that have been tested for chemicals. If the waterbody you are fishing does not have an advisory, or the advisory does not include the fish species you plan to eat, follow the Indiana Statewide Safe Eating Guidelines.

Where to fish:



Some fish may have higher levels of chemicals than others. Chemicals that end up in lakes and rivers settle in the sediment and are eaten by small creatures as they dig for food. These small creatures are then eaten by minnows, minnows by medium-sized fish, and those fish are eaten by larger fish. Each of these fish bioaccumulate and store some of the chemicals in their bodies. This is why younger, smaller fish are generally less contaminated than older, larger fish of the same species.

What to catch:



Anyone can be affected by harmful chemicals found in certain fish; however, those most at risk for harmful health effects include pregnant people, people planning to become pregnant, those who are breast feeding as well as any individual under the age of 15. These chemicals may affect the development of young children, and pregnant people may have an increased risk of having children who are slower to develop and learn.



Who you are:

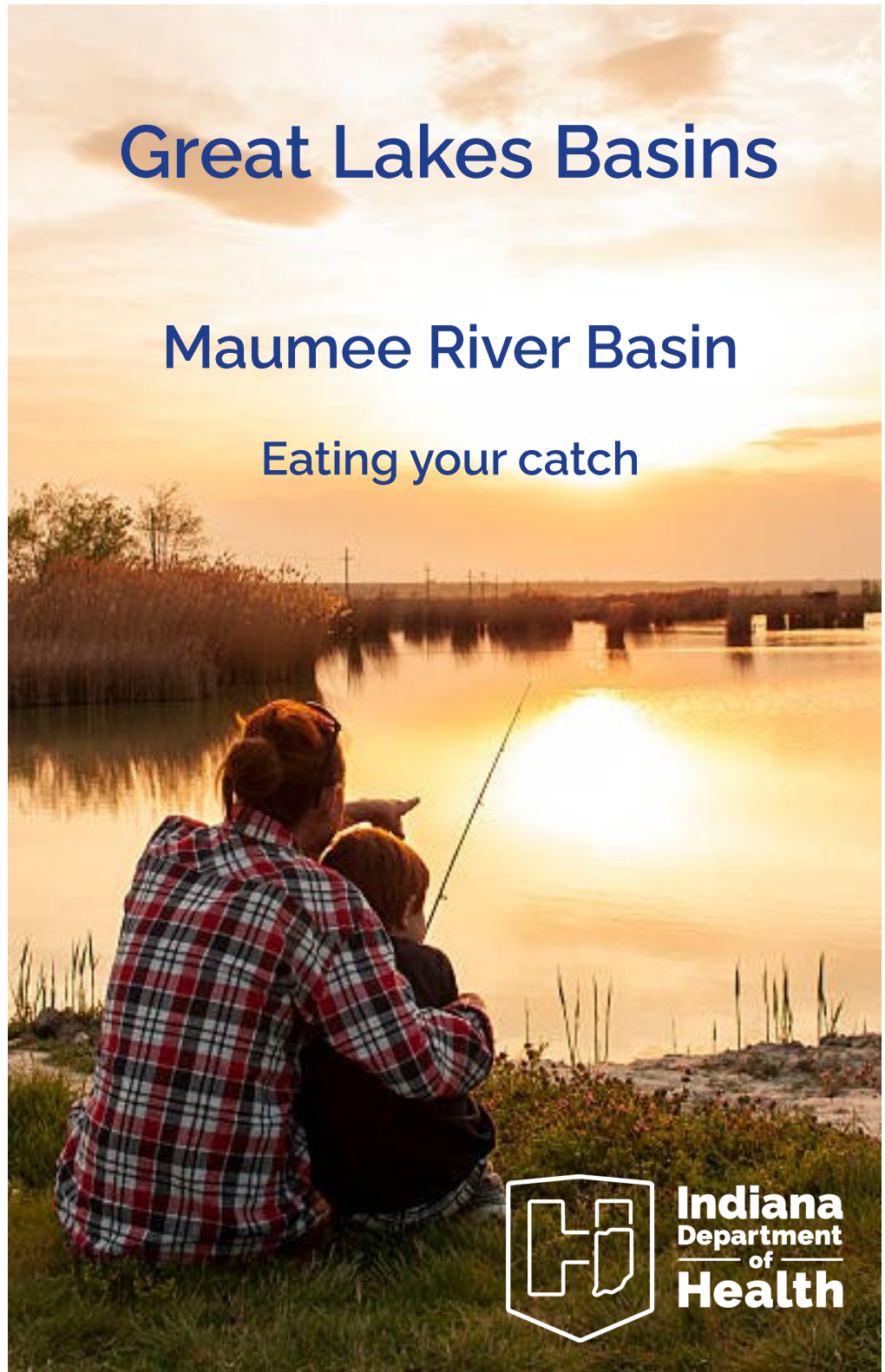
Fish is a lean protein, low saturated fat food that acts as a major source of omega-3 fatty acids, vitamin D, selenium, and other vitamins and minerals. These vitamins, minerals, and other nutrients promote heart and brain health and can lower blood pressure, reducing the risk of a heart attack or stroke. However, some fish may contain chemicals at levels that may be harmful to your health.

Healthy fish consumption

Great Lakes Basins

Maumee River Basin

Eating your catch



Indiana
Department
of
Health

- Fish should be cooked until it becomes flaky, opaque, and reaches 145°F to reduce the risk for foodborne illness. Use a calibrated meat thermometer to ensure proper cooking. Thicker fish will need to cook longer than thinner pieces.
- Keep fish frozen until you are ready to cook it. If your fish is packaged, remove the packaging before thawing. Thaw until the fish is icy but no longer hard, and avoid thawing fish in the microwave as the fish may thaw unevenly.

Image provided by the Michigan Department of Health & Human Services

Cut away the belly fat.



Cut away the fatty area along the side.

Cut away the fat along the back.

When cleaning fish, trim away any fat you can see and remove the organs.

Preparing and cooking your catch

Two chemicals found within fish in this region are PCBs (polychlorinated biphenyls) and mercury. These chemicals can build up in your body over time and may cause health effects that can range from small changes in health to birth defects and even cancer.

Health risks

Store-bought fish

Store bought or commercial fish can also be part of a healthy diet, but it is important to make smart choices about which fish you buy and consume.

The U.S. Food and Drug Administration (FDA) regulates the sale of commercial fish in markets and has released advice on eating fish from stores and restaurants. The advice, specific to children and women who are or might become pregnant or breastfeeding, can be found at:

<https://www.fda.gov/food/consumers/advice-about-eating-fish>



For more information



Indiana Fish Consumption Guidelines: <https://www.in.gov/health/eph/fish-consumption-advisory/>

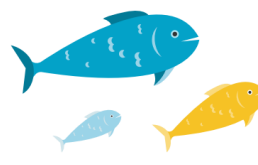


DNR Where to Fish Interactive Map: <https://secure.in.gov/dnr/fish-and-wildlife/fishing/where-to-fish-interactive-map/>



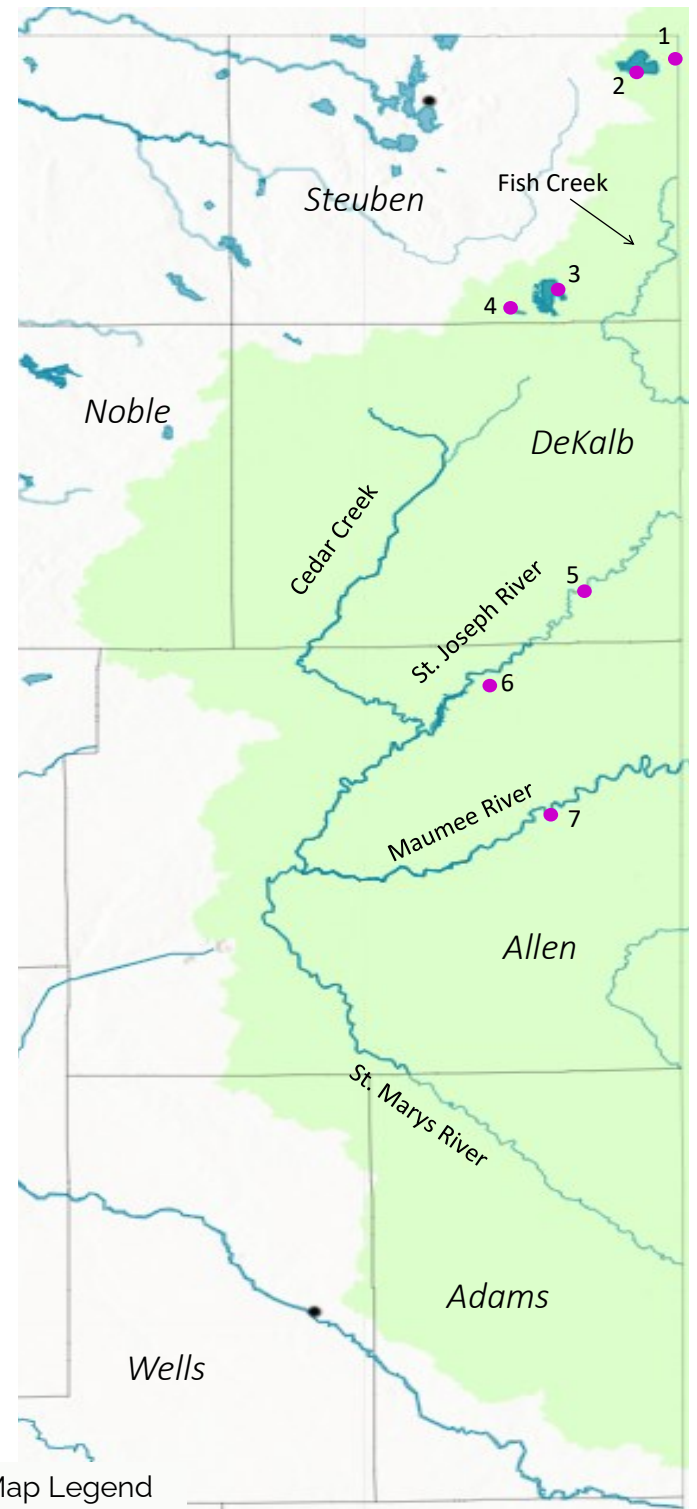
Choose Your Fish: <https://www.chooseyourfish.org/fish/recipe>

Fort Wayne area consumption guidelines



Maumee River Basin map

Location	Fish	Sensitive population guidelines	General population guidelines
St. Mary's River	Buffalo species	Up to 25": 1 meal/ week	Up to 25": 1 meal/ week
	Carp sucker species	1 meal/ week	1 meal/ week
	Channel catfish	1 meal/ month	1 meal/ month
	Common carp	Up to 20": 1 meal/ month	Up to 20": 1 meal/ month
	Crappie species	1 meal/ week	Unrestricted consumption
	Flathead catfish	1 meal/ week	1 meal/ week
	Freshwater drum	1 meal/ month	1 meal/ week
	Spotted sucker	1 meal/ week	1 meal/ week
	Walleye	1 meal/ week	1 meal/ week
Maumee River	Buffalo species	1 meal/ month	1 meal/ month
	Channel catfish	1 meal/ month	1 meal/ month
	Common carp	Up to 23": 1 meal/ month 23"+: 6 meals/ year	Up to 23": 1 meal/ month 23"+: 6 meals/ year
	Flathead catfish	1 meal/ month	1 meal/ month
	Freshwater drum	1 meal/ month	1 meal/ month
	Sunfish species	Unrestricted consumption	Unrestricted consumption
	Walleye	1 meal/ month	1 meal/ month
Elkhart River	Channel catfish	1 meal/ month	1 meal/ month
	Common carp	Up to 20": 1 meal/ week	Up to 20": 1 meal/ week
	Crappie species	1 meal/ week	Unrestricted consumption
	Largemouth bass	1 meal/ week	Unrestricted consumption
	Spotted sucker	1 meal/ week	Unrestricted consumption



Map Legend

- Area within the Great Lakes Basin Region boundary
- Waterbody (lake, stream, creek, etc.)
- State Park
- Popular fishing location

Popular fishing locations

- 1: Long Lake
- 2: Clear Lake
- 3: Hamilton Lake
- 4: Ball Lake
- 5: St. Joseph River
- 6: Hurshtown Reservoir
- 7: Maumee River

Consult the Fish Consumption Guidelines for a complete listing.

Common fish in the region

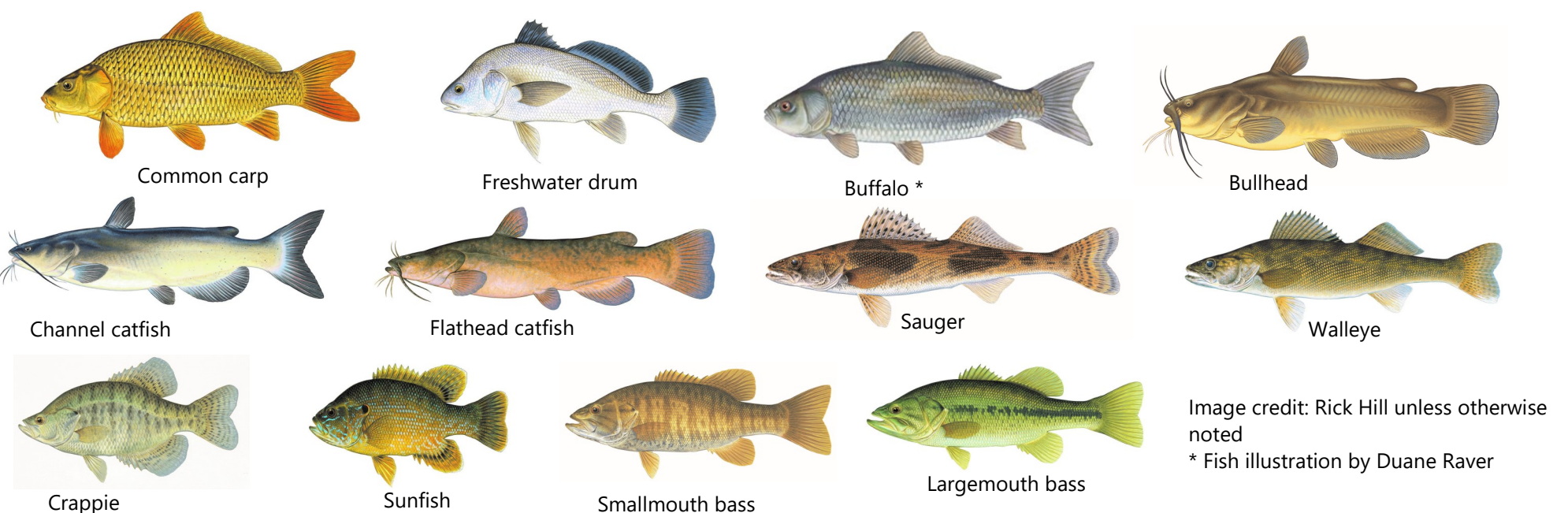


Image credit: Rick Hill unless otherwise noted
* Fish illustration by Duane Raver