



Fish are an important part of a healthy diet. They are a lean, low-calorie source of protein. However, some fish contain elevated levels of mercury. Such fish could pose health risks if eaten in large amounts.

The purpose of this information is not to discourage you from eating fish. It is intended as a guide to help you select sizes and species of fish that are low in mercury. By following these recommendations, you and your family can continue to enjoy the benefits of eating fish.

The South Dakota Departments of Health, Environment & Natural Resources and Game Fish, & Parks cooperate to test fish for metals, pesticides and PCBs. Fish from various waterbodies have been tested since 1994 and a complete list can be found at www.state.sd.us/denr/des/surfacewater/fish.htm.

➤ **CURRENTLY:**

- **Six fish consumption advisories have been issued**

In South Dakota, an **advisory** is issued when the mercury concentration in fish flesh samples equals or exceeds 1 part per million.

Fish Consumption Advisories			
	General	Women	Children
Bitter Lake (Day Co.)			
Walleye <i>All Sizes</i>	<u>One 7 oz</u>	<u>One 7 oz</u>	<u>One 4 oz</u>
Northern Pike <i>≥30 Inches</i>	<u>Meal per week</u>	<u>Meal per month</u>	<u>Meal per month</u>
Hurley Lake (Potter Co.)			
Large Mouth Bass <i>≥18 Inches</i>	<u>One 7 oz</u>	<u>One 7 oz</u>	<u>One 4 oz</u>
	<u>Meal per week</u>	<u>Meal per month</u>	<u>Meal per month</u>
Lake Isabel (Dewey Co.)			
Large Mouth Bass <i>≥17 Inches</i>	<u>One 7 oz</u>	<u>One 7 oz</u>	<u>One 4 oz</u>
Northern Pike <i>≥25 Inches</i>	<u>Meal per week</u>	<u>Meal per month</u>	<u>Meal per month</u>
North Island Lake (Minnehaha & McCook)			
Walleye <i>≥18 Inches</i>	<u>One 7 oz</u>	<u>One 7 oz</u>	<u>One 4 oz</u>
	<u>Meal per week</u>	<u>Meal per week</u>	<u>Meal per month</u>
Roosevelt Lake (Tripp Co.)			
Large Mouth Bass <i>≥18 Inches</i>	<u>One 7 oz</u>	<u>One 7 oz</u>	<u>One 4 oz</u>
	<u>Meal per week</u>	<u>Meal per month</u>	<u>Meal per month</u>
West 81/Twin Lakes (Kingsbury Co.)			
Walleye <i>≥18 Inches</i>	<u>One 7 oz</u>	<u>One 7 oz</u>	<u>One 4 oz</u>
Northern Pike <i>≥19 Inches</i>	<u>Meal per week</u>	<u>Meal per month</u>	<u>Meal per month</u>

➤ The **General** category includes men, children over 7 years of age, and women who do not fit into the category entitled, "Women." Fish consumption may exceed the recommended rate as long as consumption averages out to one 7 ounce meal per week.

➤ The **Women** category includes any woman who is pregnant, plans to become pregnant, or who is nursing. The consumption recommendation assumes a woman weighing approximately 140 pounds. Fish consumption should not exceed the monthly recommendation at any time.

➤ The **Children** category includes children under 7 years of age. Fish consumption should not exceed the monthly recommendation at any time.

➤ A 7 ounce portion is roughly the size of two decks of playing cards.

HEALTH NOTE



Advisories differ from fishing restrictions, bans, or limits. Advisories are not laws or rules. They are simply recommendations for limiting your consumption of certain fish from specific lakes.

GENERAL FISH CONSUMPTION GUIDELINES

Environmental Protection Agency (EPA)

Recommendation for consumption of fish from freshwater lakes, ponds, and streams where mercury levels are not currently known:

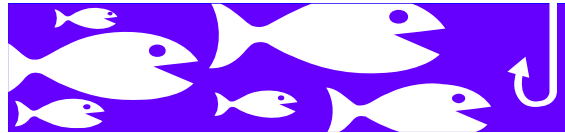
If you are pregnant, could become pregnant, are nursing a baby, or are feeding a young child, limit consumption of freshwater fish caught by family and friends to one meal per week. For adults one meal is six ounces of cooked fish or eight ounces uncooked fish; for a young child one meal is two ounces cooked fish or three ounces uncooked fish.

Food and Drug Administration (FDA)

Recommendation for consumption of ocean and coastal fish as well as other types of commercial fish purchased from stores and restaurants:

Women who are pregnant, could become pregnant, are nursing a baby, or are feeding young children should avoid eating shark, swordfish, king mackerel, or tilefish.

FDA further advises that women of childbearing age and pregnant women should limit consumption of fish to 12 ounces each week. For example, if in a given week you eat 12 ounces of cooked fish from a store or restaurant; do not eat fish caught by your family or friends during that week. This is important to keep the total level of methylmercury contributed by all fish at a low level in your body



Do some fish contain more pollutants than others?

Yes. You can't look at fish and tell if they contain chemical pollutants. The only way to tell if fish contain harmful levels of chemical pollutants is to have them tested in a laboratory. Follow these simple guidelines to lower the risk to your family:

- If you eat gamefish, such as walleye, northern pike and largemouth bass, eat the smaller, younger fish (within legal limits). They are less likely to contain harmful levels of pollutants than larger older fish.
- Eat panfish, such as yellow perch, crappies, bluegill and stream trout. They feed on insects and other aquatic life and are less likely to contain high levels of harmful pollutants.

For More Information

More information pertaining to mercury and fish consumption is available at:

<http://www.sdgap.info/Index.htm> click on

fishing and then under other useful

information click on **fish consumption**

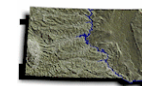
advisories or call the Department of Health

at 605-773-3364.

South Dakota Fish Consumption Advisories



South Dakota Department of Health



South Dakota
Department of Environment
& Natural Resources
Protecting SD's Tomorrow...Today



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