Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Yellow Perch		All sizes			
Black Crappie				All sizes	
Trout and Salmon	Follow the Lake Michigan PCB advisory				
Milwaukee River—Above Estabrook Falls to Grafton					
Carp					All sizes
Redhorse			All sizes		
Largemouth Bass			All sizes		
Smallmouth Bass			All sizes		
Northern Pike				All sizes	
Rock Bass			All sizes		
Black Crappie				All sizes	

PCB

Milwaukee River Above Grafton (Lime Kiln Dam)					
Carp			All sizes		
All other species	Follow the Fish-eating guidelines				
Mississippi River—Pools 2 and 3					
Carp			Larger than 15"		
Channel Catfish			Larger than 20"		
Walleye			Larger than 25"		
Sauger			Larger than 20"		
White Bass			All sizes		
All other species and/or sizes	Follow the Fish-eating guidelines				
Mississippi River—Pool 4					
Carp			Larger than 15"		
Channel Catfish			15-20"	Larger than 20"	
Walleye			Larger than 25"		
White Bass			All sizes		

Continued on next page

PCB

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
All other species and/or sizes	Follow the Safe-eating guidelines				
Mississippi River--Pools 5, 5A, and 6					
Channel Catfish			Larger than 15"		
Walleye			Larger than 25"		
All other species and/or sizes	Follow the Safe-eating guidelines				
Mississippi River--Pools 7 and 8					
Carp			Larger than 20"		
Channel Catfish			Larger than 15"		
Sheepshead			All sizes		
White Bass			Larger than 15"		
All other species and/or sizes	Follow the Safe-eating guidelines				
Mississippi River--Pool 9					
Carp			Larger than 20"		

PCB

All other species and/or sizes	Follow the Safe-eating guidelines				
Mississippi River--Pools 10, 11, and 12					
Carp			Larger than 22"		
All other species	Follow the Safe-eating guidelines				
Neshonic Lake in La Crosse County					
Carp			All sizes		
All other species	Follow the Safe-eating guidelines				
Pike River in Kenosha County from its mouth up to Carthage College in the city of Kenosha					
Carp			All sizes		
Largemouth Bass			All sizes		
All other species	Follow the Safe-eating guidelines				
Red Cedar River downstream of Lake Menomin to confluence with Chippewa River					
Channel Catfish			All sizes		
Root River from its mouth upstream to the Horlick Dam in the city of Racine					
Carp					All sizes

Continued on next page

PCB

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Trout and Salmon	Follow the Lake Michigan PCB advisory				
All other species	Follow the Fish-eating guidelines				
Sheboygan River from the dam at Sheboygan Falls to the mouth					
All Resident Species (including carp, walleye, smallmouth bass, catfish, northern pike, rock bass, bluegill, and crappie)					All sizes
Trout and salmon	Follow the Lake Michigan PCB advisory				
St. Croix River below St. Croix Falls downstream to Stillwater, MN					
Channel Catfish			All sizes		
White Bass			All sizes		
All other species	Follow the Fish-eating guidelines				
St. Croix River from Stillwater, MN downstream to the confluence with the Mississippi River					
Walleye			Larger than 25"		

PCB

White Bass			All sizes		
Channel Catfish			All sizes		
Carp			Larger than 20"		
Buffalo				All sizes	
All other species and/or sizes	Follow the Fish-eating guidelines				
St. Louis River from Superior Entry up to the dam at Fond du Lac, MN					
Channel Catfish			Larger than 18"		
Carp			All sizes		
Walleye	See specific advice for mercury, Douglas County				
All other species and/or sizes	Follow the Fish-eating guidelines				
Twin (East and West) Rivers at Two Rivers from their mouths up to the first dam					
Northern Pike			Larger than 27"		
Channel Catfish			Less than 14"	14–18"	Larger than 18"
Black Crappie		All sizes			
Carp			All sizes		

Continued on next page

PCB

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
All other species and/or sizes	Follow the Safe-eating guidelines				
Wisconsin River from dam at Merrill downstream to the dam at Nekoosa					
Bullhead		All sizes			
Channel Catfish			All sizes		
Carp			All sizes		
Redhorse			All sizes		
All other species	Follow the Safe-eating guidelines				
Wisconsin River from the dam at Nekoosa to the Petenwell Dam (Petenwell Flowage)					
Carp					All sizes (Dioxin)
White Bass			All sizes		
Channel Catfish			Less than 25"		Larger than 25" (Dioxin)
All other species	Follow the Safe-eating guidelines				

PCB

Wisconsin River from Petenwell Dam down to Castle Rock Dam (Castle Rock Flowage)					
Carp					All sizes (Dioxin)
All other species	Follow the Safe-eating guidelines				
Wisconsin River from Castle Rock Dam down to Wisconsin Dells Dam					
Carp			All Size		
All other species	Follow the Safe-eating guidelines				
Wisconsin River at Wisconsin Dells to the Prairie du Sac Dam (includes Lake Wisconsin)					
Carp			All sizes		
Sturgeon				Less than 54"	Larger than 54"
All other species	Follow the Safe-eating guidelines				
Wisconsin River from the dam at Prairie du Sac downstream to the confluence with the Mississippi River					
Carp			Larger than 20"		
Lake Sturgeon				All sizes	
All other species and/or sizes	Follow the Safe-eating guidelines				

PCB

For more information . . .

Citizens are welcome to find out if fish from a particular water have been tested. Call or write the DNR Bureau of Fisheries Management and Habitat Protection, P.O. Box 7921, Madison, WI 53707, (608) 267-7498 or contact DNR Regional offices in Spooner, Green Bay, Rhinelander, Milwaukee, Fitchburg and Eau Claire.

Region offices

Northern Region
DNR
810 W. Maple St.
Spooner, WI 54801
(715) 635-2101

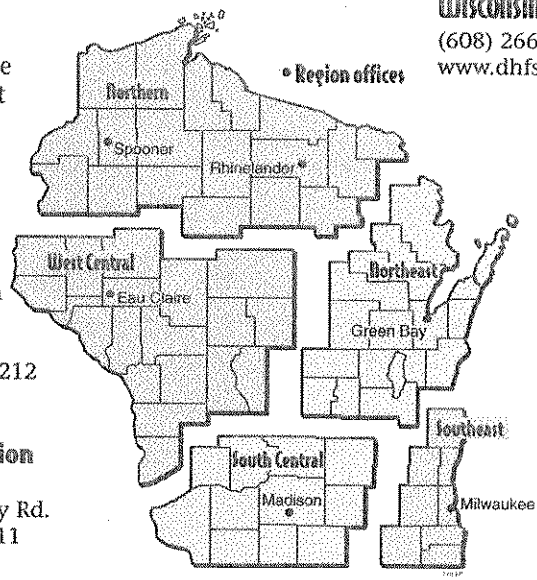
DNR
Box 818
Rhinelander, WI 54501
(715) 365-8900

West Central Region
DNR
Box 4001
Eau Claire, WI 54702-4001
(715) 839-3700

Northeast Region
DNR
1125 N. Military Ave.
Box 10448
Green Bay, WI 54307
(920) 492-5800

Southeast Region
DNR
2300 N. Dr. Martin
Luther King Jr. Dr.
Box 12436
Milwaukee, WI 53212
(414) 263-8500

South Central Region
DNR
3911 Fish Hatchery Rd.
Fitchburg, WI 53711
(608) 275-3266



Wisconsin Division of Public Health
(608) 266-1120 or
www.dhfs.state.wi.us/eh/

DNR Website
This advisory can also be viewed on the DNR's website:
www.dnr.state.wi.us

Food and Drug Administration
www.cfsan.fda.gov

Environmental Protection Agency
www.epa.gov/ost/fish

STRAIGHT TALK ABOUT ELECTRIC UTILITIES AND MERCURY

EDISON ELECTRIC INSTITUTE

This booklet is published by the Edison Electric Institute, the association of U.S. shareholder-owned electric utilities, industry affiliates, and associates worldwide.

Visit the EEI Web site at www.eei.org, or call (202) 508-5000.

May 2001

Mercury ("Hg") is a naturally occurring metal in the Earth's crust that is released into the environment as a result of both natural and human activities. In its elemental form, mercury is a shiny, silver-white metal that liquefies at room temperature. Mercury can be found in both organic and inorganic forms. The most common organic form, methylmercury, enters the aquatic food chain and bioaccumulates in fish tissue.

U.S. electric utilities release approximately 43 tons of mercury every year. Late in 2000, the U.S. Environmental Protection Agency ("EPA") announced that it would regulate utility mercury emissions. The agency likely will propose regulations by December 2003, promulgate a final rule by December 2004, and expect compliance by December 2007.

This booklet is designed to provide the reader with an overview of electric utilities and mercury, including steps utilities are taking to curb their mercury emissions and what will happen next in the regulatory process. It also presents basic facts about mercury exposure and the ongoing scientific uncertainty as to what level of exposure is harmful to public health.

Contents

WHERE DO WE FIND MERCURY?

Mercury is used in thermometers, blood pressure gauges, fluorescent light fixtures, batteries, electrical equipment, fungicides, and dental fillings. As a chemical element, mercury cannot be created or destroyed; however, it can be moved through the air and deposited in water and soil. The same amount of mercury has existed since the Earth was formed.

Mercury occurs naturally in the environment, and we all are exposed to very low levels of it. Typically, our bodies naturally eliminate this mercury.

Most intake of mercury occurs from eating fish or seafood containing a form of mercury called methylmercury. When mercury gets into water bodies, it can be converted into methylmercury and enter the aquatic food chain, where it bioaccumulates in fish tissue. The magnitude of human exposure to methylmercury depends on the level of mercury in the fish consumed and the amount of fish consumed.

HOW IS MERCURY RELEASED INTO THE ENVIRONMENT?

Mercury is released by natural sources such as volcanoes, oceans, and soils, as well as manmade processes such as gold and ore mining, medical waste incineration, municipal and hazardous waste combustion, cement manufacturing, fossil fuel combustion, and pulp and paper milling.

DO ELECTRIC UTILITIES RELEASE MERCURY EMISSIONS?

Yes, some do. Trace amounts of mercury are present in coal and oil. When electric utilities burn these fuels to generate electricity, mercury is released. According to the EPA, U.S. electric utilities released 43 tons of mercury in 1999, the latest year for which data are available. The agency states that U.S. utilities are "estimated to emit about 30 percent of current U.S. anthropogenic emissions."[1]

In its recent regulatory determination on utility mercury emissions, the EPA concluded "that there are uncertainties regarding the extent of the risks due to electric utility mercury emissions."[2] Further, in its *Mercury Research Strategy*, the agency stated that "[t]he amount of mercury deposited in the United States that can be directly attributed to domestic combustion sources remains uncertain."[3]

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[1] See *Regulatory Finding on the Emissions of Hazardous Air Pollutants from Electric Utility Steam Generating Units*, U.S. Environmental Protection Agency, December 2000.

[2] Ibid.

[3] See *Mercury Research Strategy*, U.S. Environmental Protection Agency, September 2000.

IS EXPOSURE TO MERCURY HARMFUL TO HUMAN HEALTH?

Exposure to mercury can be toxic and lethal at high levels. But because our bodies can naturally eliminate mercury, occasional exposure to relatively small amounts of mercury, or background levels, is believed to have no effect on human health.

There have been two major incidents of fatalities as a result of mercury exposure:

- In 1956, residents of a village in Minamata Bay, Japan, were stricken by high levels of mercury after eating fish from the bay in which the villagers fished.

- In 1971, over 6,500 Iraqi citizens were poisoned by mercury after inadvertently eating bread baked from grain that had been treated with a mercury fungicide. (The grain was intended for planting as a wheat crop; had it been used for this purpose, it could have been harvested and consumed safely because the concentration of mercury in the crop would have been insignificant in comparison to the mercury concentration in the directly treated grain.)

In both of these cases, there was acute exposure to mercury in extremely high doses. The levels of mercury exposure in these incidents were much higher than exposure levels associated with normal diets, including the fish-rich diets of Pacific islanders.

The populations most sensitive to mercury exposure are pregnant women and children. According to the National Academy of Sciences ("NAS"), "[T]he risk of adverse effects from current methylmercury exposures in the majority of the population is low ... the population at highest risk is the children of the women who consumed large amounts of fish and seafood during pregnancy."[4]

Both the Food and Drug Administration ("FDA") and the Agency for Toxic Substances and Disease Registry ("ATSDR") have determined that current levels of mercury exposure from public consumption of fish do not pose significant health risks. The FDA also believes that methylmercury is less toxic than researchers previously believed. The agency is conducting further research on U.S. fish consumption patterns in sensitive populations.

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[4] See *Toxicological Effects of Methylmercury*, National Resource Council, Board on Environmental Studies and Toxicology, Commission on Life Sciences, July 2000.

WHAT IS A "REFERENCE DOSE"? WHAT IS THE CURRENT REFERENCE DOSE FOR MERCURY?

A reference dose ("RfD") is the estimated daily dose of a substance that can be consumed safely over a lifetime, even for sensitive populations.

In 1996, the EPA established the current RfD for mercury of 0.1 micrograms per kilogram of body weight per day. The RfD is sometimes used by states to develop "fish advisories" for specific bodies of water or certain types of fish. States often issue fish advisories to inform the public about potential risks associated with eating fish from a particular body of water.

Meanwhile, another federal agency, the ATSDR, has stated that "daily intake of methylmercury at a level of 0.3 micrograms per kilogram [of] body weight per day for extended periods up to a lifetime presents no risk of adverse health outcomes in even the most sensitive human populations (pregnant women, developing fetuses, and young children)."[5] This effectively means that a daily mercury intake three times the RfD the EPA recommends, according to the ATSDR, is harmless to human health.

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[5] See *Toxicological Profile for Mercury – 1999 Update*, U.S. Agency for Toxic Substances and Disease Registry, April 1999.

IS IT SAFE FOR ME TO EAT FISH?

Yes. The EPA acknowledges that "fish is an excellent source of proteins, vitamins, and minerals, and including a variety of fish in the diet is a healthy dietary practice."[6] The EPA also states "people who consume average amounts of a variety of commercially available fish as part of a balanced diet are not likely to consume harmful amounts of mercury."[7]

Although the EPA states that "[f]ish is an excellent source of nutrition and most people have no reason to limit their fish consumption," the agency recommends that women who are pregnant or may become pregnant, nursing mothers, and young children limit consumption of fish caught in local waters, particularly if this is their primary source of fish.[8]

The University of Rochester School of Medicine research team developed an extensive, multi-year database of mercury exposures in the Seychelles Islands where most people consume, on average, twelve fish meals per week, and where human mercury levels are about ten times higher than those of most U.S. citizens. After studying this population for over six years, researchers concluded that there are no adverse effects from daily fish consumption.[9]

In a recent study by the Harvard-affiliated Brigham and Women's Hospital, it was found that women who ate modest amounts of fish lowered their risk of stroke significantly. The study linked eating fish to reductions in the risk of clot-related strokes. Slight risk reductions were found even in women who ate fish once a week or less.[10]

[6] See *Mercury Emissions and Electric Utilities*, U.S. Environmental Protection Agency, February 24, 1998.

[7] Ibid.

[8] See *National Advice on Mercury in Fish Caught by Family and Friends: For Women Who Are Pregnant or May Become Pregnant, Nursing Mothers, and Young Children*, U.S. Environmental Protection Agency, January 2001.

[9] See *Effects on Prenatal and Postnatal Methylmercury Exposure from Fish Consumption on Neurodevelopment – Outcomes at 66 Months of Age in Seychelles Child Development Study*, P.W. Davidson, G. Myers, et al., Journal of the American Medical Association [280(8): 701-707; August 26, 1998].

[10] See *Journal of the American Medical Association*, January 17, 2001.

ARE UTILITY MERCURY EMISSIONS SUBJECT TO REGULATION BY THE FEDERAL GOVERNMENT?

Yes. The Clean Air Act Amendments of 1990 authorize the EPA to regulate mercury emissions and other air toxics from electric utilities if necessary to protect against specific threats to public health caused by these emissions. On December 14, 2000, the EPA announced it would regulate mercury emissions from certain electric power plants. The agency likely will propose regulations by December 2003, promulgate a final rule by December 2004, and expect compliance by December 2007. How the agency will propose to regulate mercury emissions has not yet been determined.

In its regulatory determination, the EPA determined it "appropriate and necessary" to control mercury emissions from coal- and oil-based utility generators, although it acknowledged "there is no quantification of how much of the methylmercury in fish consumed by the U.S. population is due to electric utility emissions."[11]

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[11] See *Regulatory Finding on the Emissions of Hazardous Air Pollutants from Electric Utility Steam Generating Units*, U.S. Environmental Protection Agency, December 2000.

WHAT ARE UTILITIES DOING TO CURB THEIR MERCURY EMISSIONS?

Electric utilities have been taking steps to reduce the use of mercury at power plants as a component of ongoing pollution prevention programs. In addition, many pollution control devices already in use at power plants to reduce emissions of other pollutants have the effect of removing mercury. The latest data reveal that existing pollution control devices installed at coal-based power plants remove, on average, about 40 percent of the mercury present in coal.[12] Integrating a mercury emissions reduction program with other existing programs will help accomplish the EPA's objective of protecting the environment while reducing industry compliance costs.

Electric companies also are helping the Department of Energy ("DOE") test the effectiveness of emerging, mercury-specific control technologies. If successful, this could lead to the development of cost-effective control options that further reduce mercury emissions. As utilities meet existing clean air regulations by installing additional control technologies, mercury emissions also will continue to decrease.

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[12] See *Mercury in the Environment*, Dr. Leonard Levin, Electric Power Research Institute, December 2000.

ARE UTILITIES REQUIRED TO REPORT THEIR MERCURY EMISSIONS?

Yes. The industry routinely discloses its mercury emissions under the Clean Air Act. Section 114 of the Act requires that all electric utility steam generating units provide information that allows the EPA to calculate the annual mercury emissions from each unit.

Furthermore, under the agency's Toxics Release Inventory ("TRI") program, utilities are required annually to report their chemical releases for the public's general knowledge. In 2001, electric companies, along with all other reporting industries, will begin reporting mercury emissions as part of their annual TRI reporting.

HAVE UTILITIES COOPERATED WITH THE EPA?

Yes. Utilities are working with the EPA to find out more about the health effects, characteristics, and atmospheric transport and deposition of mercury. The industry also intends to work closely with the agency as it determines the extent to which mercury reductions from power plants may be needed and how those reductions should be achieved. The industry has a strong record of compliance with federal environmental regulations, and its compliance with any forthcoming mercury regulations will continue that record.

Though current research data and information do not establish a direct link between electric utility mercury emissions and harmful mercury levels in fish for human consumption, the industry is participating with the EPA, other federal agencies, and the scientific community in new and ongoing mercury research and monitoring projects aimed at further clarifying this issue. The industry is committed to pursuing scientific research that will protect human health and the environment from the harmful effects of mercury.

WHAT RESEARCH IS STILL BEING DONE?

Research about the science of mercury and its health effects is ongoing. There are several important uncertainties that require clarification through research:

- examining whether mercury emissions from combustion sources contribute to the concentration of methylmercury in fish;
- determining the actual levels of human exposures in the U.S. from anthropogenic mercury emissions;
- gaining a better understanding of the human health effects from mercury exposure, including health endpoints;
- identifying the contribution of natural and anthropogenic sources of mercury emissions to the global pool of mercury;
- assessing the fate and transport of mercury in the atmosphere and water bodies;
- determining whether utility mercury emissions reduction in the U.S. will result in lowering methylmercury concentrations in fish and the correlated human risk; and
- identifying the availability of consistently effective utility emissions control technologies.

In addition, a study of an island population of children exposed to mercury while in the womb during their mothers' pregnancies has been ongoing for ten years. No adverse effects from mercury have been shown to date in these children. This study has not yet been incorporated into the body of evidence used to determine regulatory issues about mercury.[13]

The EPA and NAS both acknowledge there is a lack of key information needed to resolve many scientific uncertainties about mercury. The EPA admits that "[g]iven the current scientific understanding ... it is not possible to quantify how much, and over what time period, levels of methylmercury in U.S. fish will be reduced by reductions in environmental releases from United States sources."[14] Until further scientific evidence is established, regulators and policymakers must take these uncertainties into consideration.

According to the DOE, "the challenge of reducing mercury emissions from power plants today is that no uniform technology exists."[15] Investment in clean-coal technologies is one avenue to lowering mercury emissions, which also will help to preserve a diverse fuel base necessary to providing affordable and reliable electricity.

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[13] Ibid.

[14] See *Mercury Research Strategy*, U.S. Environmental Protection Agency, September 2000.

[15] See *Fossil Energy Techline*, U.S. Department of Energy, August 14, 2000.

WHAT HAPPENS NEXT IN THE REGULATORY PROCESS?

It is essential that the EPA uses the time between the issuance of its regulatory determination and promulgation of its final rule to address unanswered questions about mercury and the health effects, if any, associated with utility mercury emissions, and the responsibility utilities carry for mercury levels in the environment.

The agency likely will propose regulations addressing mercury emissions by power plants by December 2003, promulgate a final rule by December 2004, and expect compliance by December 2007.

In the meantime, electric companies will continue to work with other industry stakeholders and the EPA on efforts to reduce mercury emissions while promoting safe, affordable, and reliable electricity.

GLOSSARY

Bioaccumulate: to store up a substance over time within an organism. Substances that bioaccumulate tend not to break down and dissipate. Methylmercury bioaccumulates in fish tissue.

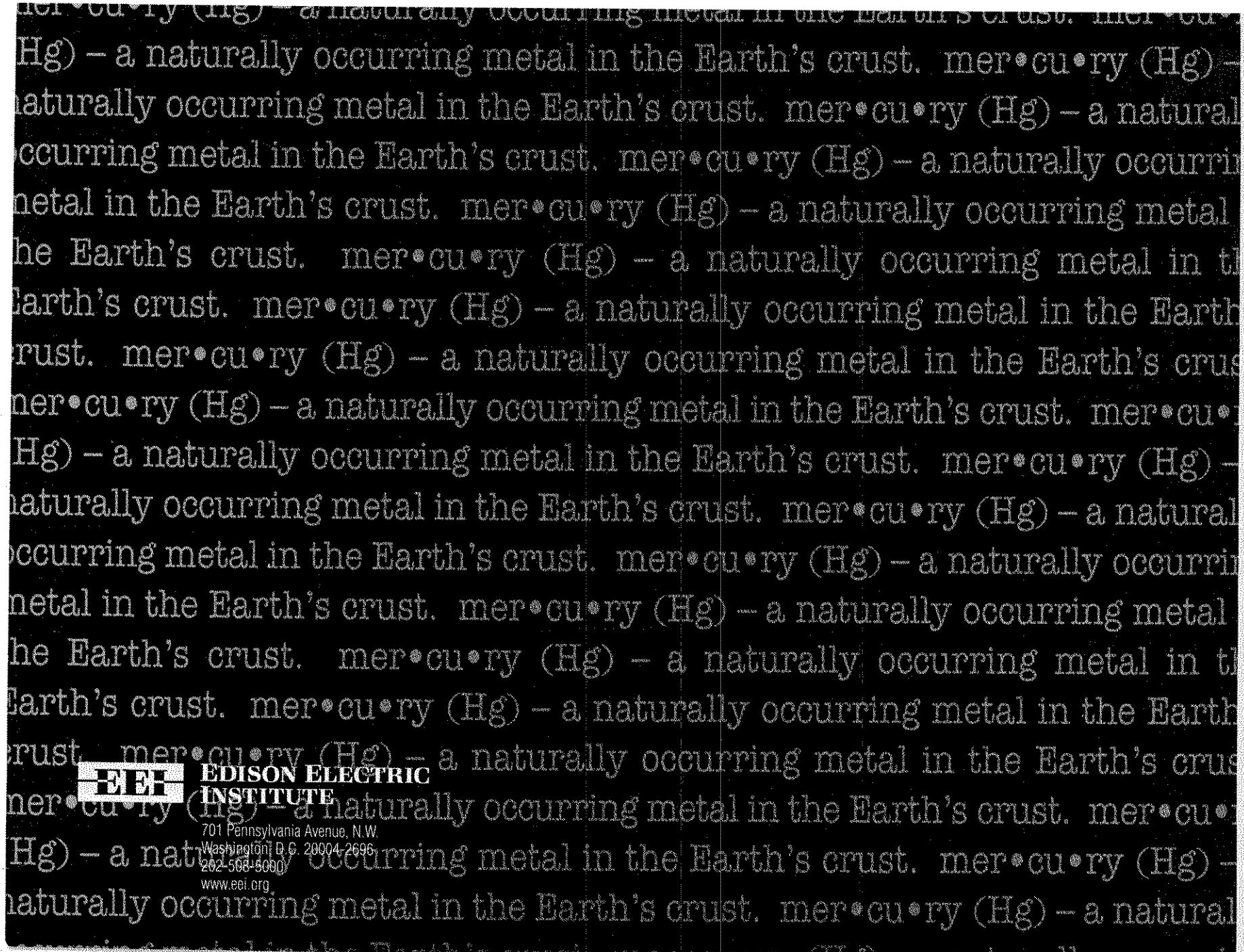
Clean Air Act ("CAA"): the most important of federal air quality laws. Congress originally passed the CAA in 1970, adding significant amendments in 1977 and 1990, to establish health- and technology-based air quality standards administered by the Environmental Protection Agency.

Environmental Protection Agency ("EPA"): a federal agency created in 1970 to consolidate the federal government's environmental regulatory activities that aim to protect the environment and public health.

Mercury ("Hg"): a naturally occurring metal in the Earth's crust that is emitted into the environment as a result of both natural and human activities. In its elemental form, mercury is a shiny, silver-white metal that liquefies at room temperature. Mercury can be found in both organic and inorganic forms.

Methylmercury ("MeHg"): an organic species of mercury that is created usually in water as mercury cycles through the biosphere. Electric power plants do not release organic mercury, and therefore utilities do not emit methylmercury. Methylmercury is the form of mercury that bioaccumulates in fish tissue.

Reference Dose ("RfD"): the estimated dose of a substance that can be consumed daily for life without adverse health effects, even in sensitive populations.



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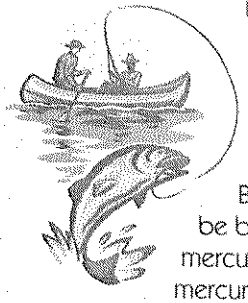

Reel in the Facts About Mercury in Fish

Fish are fun to catch and good to eat. Fish are healthy food - high in protein and low in fat.

But too much of a good thing can be bad for you. All fish contain some mercury, a contaminant. Eating too much mercury-contaminated fish can be harmful to your health and your child's health.

Keep Eating Fish

The benefits of eathing fish outweigh the health risks as long as you follow guidelines on how much fish to eat. These guidelines will help you limit your exposure to mercury while still enjoying healthy meals of fish.

If you are pregnant, planning to be pregnant, breast-feeding, or have children under the age of 15, read on to learn how to include fish as part of healthy, balanced food choices.

This brochure will help you to:

* decide which fish to eat,
* determine how often to eat fish, and
* identify fish with high levels of contaminants.

Mercury

Small amounts of mercury can damage a brain that is just starting to form and grow. That's why young children, babies in the womb and breast-fed babies are at most risk. Too much mercury may affect a child's behavior and lead to learning problems later in life.

Mercury can also harm older children and adults, but it takes larger amounts. It may cause tingling, prickling or numbness in hands and feet or changes in vision.

Mercury can come from natural and man-made sources. Mercury in the air settles into lakes and rivers. It can then build up in fish. All fish have some mercury, including:

* fish caught in Wisconsin lakes and rivers,
* fish caught in waters in other states, and
* fish you buy in the store or eat in a restaurant

However, you can't see, smell or taste mercury in fish. That's why it's important to know which fish are safer than others to eat.

Which Fish are More Likely to Contain Higher Amounts of Mercury?

* larger fish
* older fish
* fish that feed on other fish (walleye, northern, bass)

Can't We Trim Away or Clean or Cook the Fish to Get Rid of the Mercury?

No, the mercury gets into the flesh. However, by removing fat when you clean and cook fish, you can help to reduce the amount of other contaminants like PCBs.

Mercury Cannot be Removed Through Cooking or Cleaning

However, by removing fat when you clean and cook fish, you can help to reduce the amount of other contaminants like PCBs.

Should I Just Stop Eating Fish?

NO...just be sure to follow the guidelines presented in this brochure.

More Information.

These are general guidelines based on mercury levels measured in fish throughout Wisconsin and levels of mercury found in commercial fish. Specific meal advice is available for eating fish from lakes and rivers that have been tested.

For information on mercury and other contaminants, please consult the full fish consumption advisory booklet. This booklet is available at your local Department of Natural Resources (DNR) office, your local health department, or on the web at **www.dnr.state.wi.us.** You can also find more information on eating fish from one of these websites: www.dhfs.state.wi.us; www.epa.gov; and www.fda.gov

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Division of Public Health
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Madison, WI 53701
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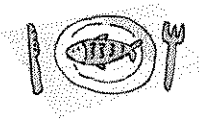
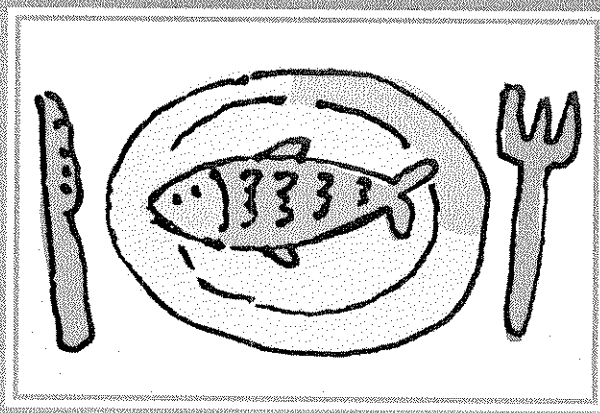
PPH 44031 (12/01)



A Woman and Child's Guide to Eating Fish from Wisconsin



What you should know if you are pregnant, planning to be pregnant, breastfeeding or if you are a child under age 15. Includes safe eating guidelines for fish from Wisconsin lakes, ponds, and rivers and for fish bought in restaurants and stores.

Wisconsin Department of Health and Family Services

Safe Eating Guideline for women who are pregnant, planning to be pregnant, or are breastfeeding and for children under age 15.

For most of Wisconsin's inland (non-Great Lakes) waters and fish bought in stores and restaurants*

WEEKLY	1 meal per WEEK		1 meal per WEEK OF EITHER Bluegill, sunfish, black crappie, white crappie, yellow perch, bullheads OR Any commercial fish (fish you buy in a store or restaurant)
		of Canned Light Tuna** (6 oz. can = 1meal)	AND
MONTHLY	1 meal per MONTH	OF	Any sport fish species (sport fish are any fish you catch or are given, such as bass, walleye, northern, perch, or crappie). Sport fish are NOT fish you purchase in a store or restaurant.
NEVER	NEVER EAT	ANY	SWORDFISH, SHARK, KING MACKEREL, OR TILEFISH

*On certain waters, where data indicate higher mercury levels, more restrictive advice is needed. Please visit our website at: **www.dnr.state.wi.us** or call your local health dept.

If you don't eat **any other type of fish, you can safely eat 2 **cans** of **light tuna** per week.

Choose Fish Low in Mercury!

Guidelines below are for fish from Wisconsin lakes, ponds, and rivers and for fish bought in restaurants and stores.

Fish is good for you. Eat fish low in mercury!

SPORT CAUGHT: Fish You Catch

COMMERCIAL: Fish You Buy

Hang Me Up!

BLUEGILL

Mercury Level: LOW ● MED ○ HIGH ○

YELLOW PERCH

Mercury Level: LOW ● MED ○ HIGH ○

SMALLMOUTH BASS

Mercury Level: LOW ○ MED ○ HIGH ○

LARGEMOUTH BASS

Mercury Level: LOW ○ MED ● HIGH ○

NORTHERN PIKE

Mercury Level: LOW ○ MED ○ HIGH ●

WHITE CRAPPIE

Mercury Level: LOW ● MED ○ HIGH ○

BLACK CRAPPIE

Mercury Level: LOW ● MED ○ HIGH ○

CATFISH

Mercury Level: LOW ○ MED ○ HIGH ○

CARP

Mercury Level: LOW ○ MED ○ HIGH ○

WALLEYE

Mercury Level: LOW ○ MED ○ HIGH ○

ATLANTIC SALMON

Mercury Level: LOW ● MED ○ HIGH ○

FLATFISH & FLOUNDERS

Mercury Level: LOW ● MED ○ HIGH ○

CANNED "LIGHT" TUNA

Mercury Level: LOW ● MED ○ HIGH ○

HALIBUT

Mercury Level: LOW ○ MED ○ HIGH ○

SWORDFISH

Mercury Level: LOW ○ MED ○ HIGH ●

SHELLFISH

(such as shrimp, scallops or lobster)

Mercury Level: LOW ● MED ○ HIGH ○

COD, OCEAN PERCH & HADDOCK

Mercury Level: LOW ● MED ○ HIGH ○

CANNED "WHITE" TUNA

Mercury Level: LOW ○ MED ● HIGH ○

TUNA

Mercury Level: LOW ○ MED ● HIGH ○

SHARK

Mercury Level: LOW ○ MED ○ HIGH ●

Hang Me Up!