Eat Fish...Choose Wisely!

Fish is a good source of nutrition. Use these charts to choose fish lower in mercury. Women of childbearing age and young children should avoid eating fish high in mercury, which can be harmful to a developing nervous system. You can still get the benefits of eating fish by following the guidelines about the types of fish to eat, how often, and how much you eat.

Want more information? Call us toll-free at 800-439-8550 or visit our website at healthvermont.gov.

For full Vermont fish consumption advisory with specific consumption guidelines see reverse side.
**EAT FISH – CHOOSE WISELY!**

One Fish Meal = 8 ounces uncooked fish. You can mix fish (you catch or buy) with the same limits, but once you meet the lowest limit eat no more fish that month. Do not eat the monthly limit within a single week.

### Fish you catch... *in Vermont Waters*

<table>
<thead>
<tr>
<th>Fish Type</th>
<th>Women of childbearing age and children age 6 &amp; under</th>
<th>Everyone else</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Bullhead &amp; Pumpkinseed</td>
<td>No more than 5 meals/month</td>
<td>No Restrictions</td>
</tr>
<tr>
<td>Walleye</td>
<td>0 meals</td>
<td>No more than 1 meal/month</td>
</tr>
<tr>
<td>American Eel, Chain Pickerel, Lake Trout, &amp; Smallmouth Bass</td>
<td>No more than 1 meal/month</td>
<td>No more than 3 meals/month</td>
</tr>
<tr>
<td>Largemouth Bass, Northern Pike, &amp; Yellow Perch (10&quot; and larger)</td>
<td>No more than 2 meals/month</td>
<td>No more than 6 meals/month</td>
</tr>
<tr>
<td>Brook Trout, Brown Trout, Rainbow Trout, White Perch &amp; Yellow Perch (smaller than 10&quot;)</td>
<td>No more than 3-4 meals/month</td>
<td>No Restrictions</td>
</tr>
<tr>
<td>All Other Fish</td>
<td>No more than 2-3 meals/month</td>
<td>No more than 9 meals/month</td>
</tr>
</tbody>
</table>

### GENERAL ADVISORY:

- **Lake Carmi - Walleye**: No more than 4 meals/month
- **Lake Champlain**:
  - Lake Trout (larger than 25") *: 0 meals (includes all children under 15)
  - Smallmouth Bass (19" and larger): 0 meals
  - Yellow Perch (smaller than 10") *: No more than 5 meals/month
- **Shelburne Pond**:
  - Yellow Perch (smaller than 10") *: No more than 5 meals/month
- **Hoosic River** - All Fish *: 0 meals

### SPECIAL ADVISORY:

- **Deerfield Chain** (Grout Pond, Somerset Reservoir, Harriman Reservoir, Sherman Reservoir, and Searsburg Reservoir):
  - Brook Trout & Brown Bullhead: No more than 5 meals/month
  - Brown Trout (14" and smaller), Rainbow Smelt, Rainbow Trout, Rock Bass, & Yellow Perch: No more than 1 meal/month
  - Brown Trout (larger than 14 in.): 0 meals
  - All Other Fish: No more than 1 meal/month

- **15 Mile Falls Chain (Comerford Reservoir and Moore Reservoir)**:
  - White Sucker: No more than 1 meal/month
  - All Other Fish: 0 meals

- **15 Mile Falls Chain (McIndoes Reservoir)**:
  - Yellow Perch: No more than 2 meals/month
  - All Other Fish: No more than 1 meal/month

### Fish you buy... **

<table>
<thead>
<tr>
<th>Fish Type</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shark, Swordfish, King Mackerel, &amp; Tilefish</td>
<td>0 meals</td>
</tr>
<tr>
<td>Salmon, Shrimp, Scallops, Clams, Sardines, Haddock, Tilapia, Flounder &amp; Oysters</td>
<td>Eat up to 12 ounces (two average 6 oz. meals) a week of a variety of fish and shellfish that are lower in mercury</td>
</tr>
</tbody>
</table>

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*The “Fish You Catch” advisory was developed by the Vermont Department of Health based on tests of fish caught in Vermont waters and scientific information about the harmful effects of mercury and in the case of large Lake Trout in Lake Champlain and all fish in the Hoosic River, PCBs (polychlorinated biphenyls).*

*The “Fish You Buy” advisory was developed by the U.S. FDA and U.S. EPA. See the U.S. Environmental Protection Agency’s Fish Advisory website at www.epa.gov/otf/fish for a listing of mercury levels in fish.*

June 2014