

Advisory Information

Fish from the following lakes have been tested and some species and size ranges have mercury levels high enough that consumption should be limited. Only fish in the size ranges indicated have high mercury levels. However, fish smaller than the indicated sizes or other species are safe to eat without excessive exposure to mercury.

NOTE: Meal size equals 8 ounces (proportionally smaller for children).

The following pages describe what are safe guidelines for consuming fish caught in Oklahoma lakes. Guidelines for each fish listed are divided into two categories:

Sensitive Population: Women of child bearing age, pregnant or nursing mothers, and children up to age 15

General Population: Males age 15 and older and women past childbearing age

Advisories are based on consumption amounts of:

Two meals per month: Consume no more than 2 meals per month of fish in the size ranges listed. Fish smaller than the size ranges listed have no consumption restrictions.

No meals per month: Do not consume fish within the size ranges listed.

DO NOT EAT: All size ranges, both large and small, have mercury levels which make them unsafe to eat.

No restriction: These fish have lower levels of mercury and can be eaten often safely.

If a lake or species has not been tested then follow this advice:

Advice for the General Population:

Since women beyond childbearing age and men older than 15 years of age are at less risk for the effects of mercury, these groups may continue to eat a variety of fish, including predators, as part of a healthy diet unless specifically advised otherwise.

Advice for the Sensitive Population:

Women of child-bearing age and children up to the age of 15 should consume no more than 1 meal per week of predator fish. Predator fish include largemouth, smallmouth, spotted, white, striped, or hybrid bass, walleye, saugeye, and flathead catfish.