

## Fish Consumption Advisories

Every year, Iowa DNR biologists collect tissue samples of fish for laboratory analyses. Results of these analyses show that most fish are safe to eat even though trace amounts of chemicals may be present in fish tissue. Mercury and polychlorinated biphenyls (PCBs) are the chemicals most likely to accumulate in fish and exceed Iowa's risk-based advisory levels that are based on guidance provided by the Iowa Department of Public Health.

Fish consumption advisories are issued whenever it is confirmed that Iowa's advisory levels are exceeded. Consumption advisories usually focus on predator and bottom-feeding species. Panfish (crappie, Bluegill, Yellow Perch) are generally safe to eat with almost no risk.

In 2017, the U.S. Environmental Protection Agency (EPA) and Food and Drug Administration

(FDA) updated the fish consumption advice for pregnant and nursing women, those planning to become pregnant and children (see <https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm534873.htm>.) For fish caught in Iowa, the people listed above should limit their consumption to one meal per week of all larger size predator fish (e.g., Walleye and bass). Predator fish are more likely to have higher concentrations of mercury; however, consumption of panfish by these higher risk individuals is considered safe unless otherwise posted.

Find the most up to date list of consumption advisories at: [www.iowadnr.gov/Environmental-Protection/Water-Quality/Water-Monitoring/Fish-Tissue](http://www.iowadnr.gov/Environmental-Protection/Water-Quality/Water-Monitoring/Fish-Tissue). New advisories are issued and existing advisories are removed, based on results of annual fish contaminant monitoring in Iowa.

## Safe Eating Guidelines

<b>Do not eat more than 1 meal/week of</b> , Advisory contaminant <b>Lake (County)</b>
<b>Channel Catfish</b> , PCBs <b>McKinley Lake</b> (Union)
<b>Largemouth Bass</b> , Mercury <b>Grade Lake</b> (Clarke), <b>Lake Geode</b> (Henry), <b>Lake Iowa</b> (Iowa), <b>Lake Keomah</b> (Mahaska), <b>Lake Miami</b> (Monroe), <b>Lake Wapello</b> (Davis), <b>Mormon Trail Lake</b> (Adair), <b>Nine Eagles Lake</b> (Decatur), <b>North Banner Lake</b> (Warren), <b>Pollmiller Park Lake</b> (Lee), <b>Red Haw Lake</b> (Lucas), <b>South Banner Lake</b> (Warren), <b>Upper Centerville Reservoir</b> (Appanoose)
<b>Snapping Turtle</b> , Mercury <b>Pollmiller Park Lake</b> (Lee)
<b>Do not eat more than 1 meal/week of</b> , Advisory contaminant <b>River Reaches (County)</b>
<b>Any Predator Fish</b> , Mercury <b>Cedar River</b> from HWY 218 bridge at Floyd (Floyd) to the IA/MN state line (Mitchell), <b>Iowa River</b> from the upper end of Coralville Reservoir near Swisher (Johnson) to the dam in Iowa Falls (Hardin); <b>Shell Rock River</b> from the West Fork Cedar River confluence near Cedar Falls (Black Hawk) to the Winnebago River confluence near Rockford (Floyd); <b>Turkey River</b> from Mississippi River confluence near Millville (Clayton) to the Volga River confluence near Garber (Clayton); and <b>West Fork Des Moines River</b> from the East Fork Des Moines River confluence near Dakota City (Humboldt) to HWY15 south of West Bend (Humboldt/Pocahontas)
<b>Any Fish</b> , Mercury <b>Upper Iowa River</b> from County Road 76 near Dorchester (Allamakee) to County Road W20 (Bluffton Road) near Decorah (Winneshiek)
<b>Common Carp over 20 inches in length</b> , PCBs <b>Mississippi River</b> (Scott), Pool 15 at Davenport
<b>Smallmouth Bass</b> , Mercury <b>Volga River</b> from Volga (Clayton) to its headwaters near Hawkeye (Fayette) including the <b>Little Volga</b> and <b>North Branch Volga Rivers</b>