

You can protect yourself by fishing in tested waters. The Indiana Fish Consumption Advisory includes information about fish from lakes and rivers that have been tested for chemicals. If the waterbody you are fishing does not have an advisory, or the advisory does not include the fish species you plan to eat, follow the Indiana Statewide Safe Eating Guidelines.

Where to fish:



Some fish may have higher levels of chemicals than others. Chemicals that end up in lakes and rivers settle in the sediment and are eaten by small creatures as they dig for food. These small creatures are then eaten by minnows, minnows by medium-sized fish, and those fish are eaten by larger fish. Each of these fish bioaccumulate and store some of the chemicals in their bodies. This is why younger, smaller fish are generally less contaminated than older, larger fish of the same species.

What to catch:



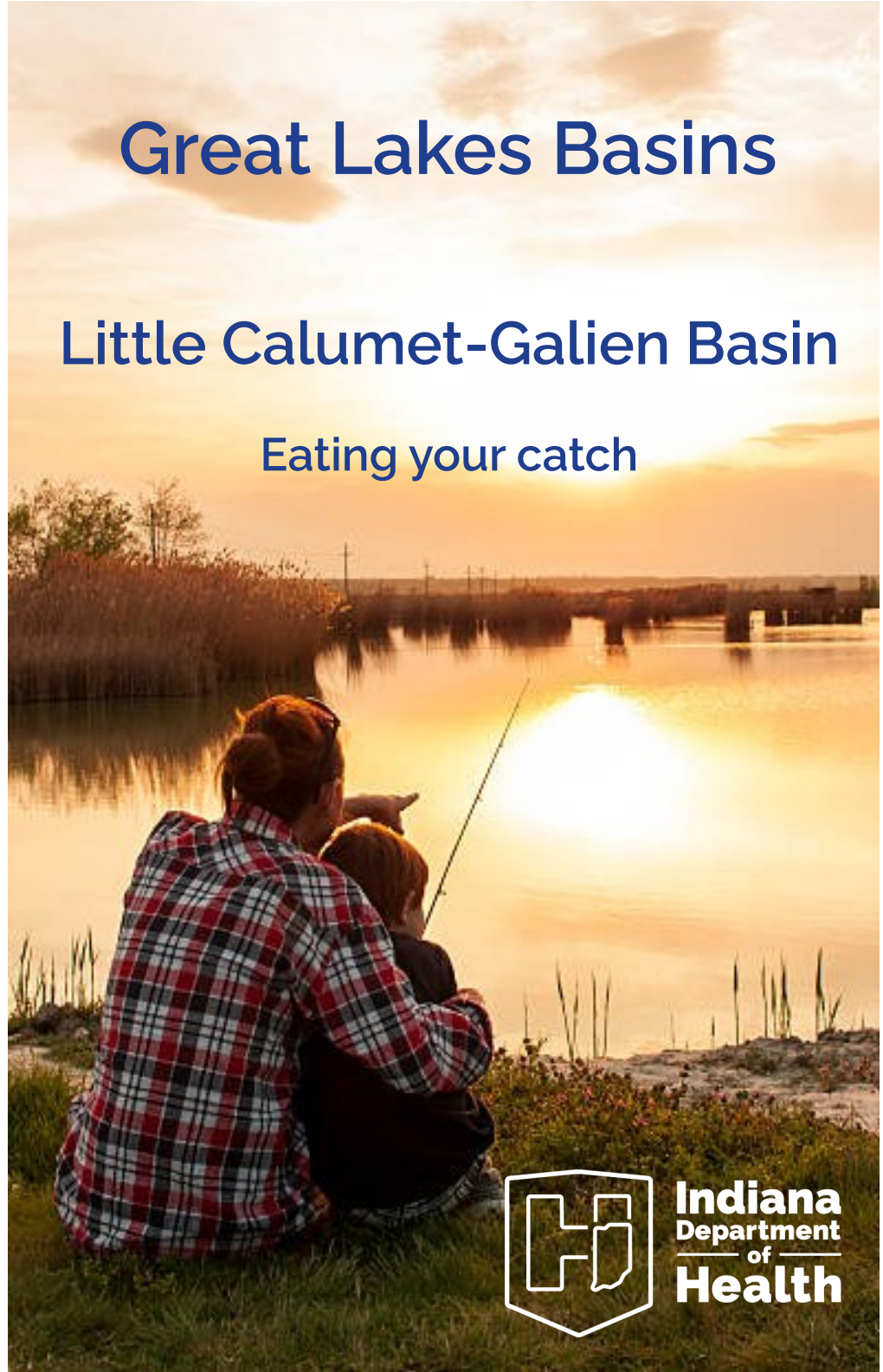
Anyone can be affected by harmful chemicals found in certain fish; however, those most at risk for harmful health effects include pregnant people, people planning to become pregnant, those who are breast feeding as well as any individual under the age of 15. These chemicals may affect the development of young children, and pregnant people may have an increased risk of having children who are slower to develop and learn.

Who you are:



Fish is a lean protein, low saturated fat food that acts as a major source of omega-3 fatty acids, vitamin D, selenium, and other vitamins and minerals. These vitamins, minerals, and other nutrients promote heart and brain health and can lower blood pressure, reducing the risk of a heart attack or stroke. However, some fish may contain chemicals at levels that may be harmful to your health.

Healthy fish consumption



Great Lakes Basins

Little Calumet-Galien Basin

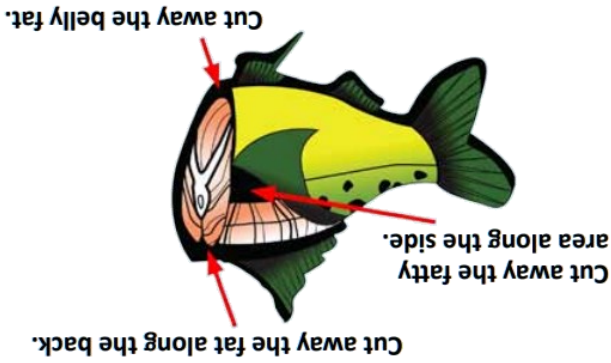
Eating your catch



Indiana Department of Health

- Fish should be cooked until it becomes flaky, opaque, and reaches 145°F to reduce the risk for foodborne illness. Use a calibrated meat thermometer to ensure proper cooking. Thicker fish will need to cook longer than thinner pieces.
- Keep fish frozen until you are ready to cook it. If your fish is packaged, remove the packaging before thawing. Thaw until the fish is icy but no longer hard, and avoid thawing fish in the microwave as the fish may thaw unevenly.

Image provided by the Michigan Department of Health & Human Services



When cleaning fish, trim away any fat you can see and remove the organs.

Preparing and cooking your catch

Two chemicals found within fish in this region are PCBs (polychlorinated biphenyls) and mercury. These chemicals can build up in your body over time and may cause health effects that can range from small changes in health to birth defects and even cancer.

Health risks

Store-bought fish

Store-bought or commercial fish can also be part of a healthy diet, but it's important to make smart choices about which fish you buy and consume.

The U.S. Food and Drug Administration (FDA) regulates the sale of commercial fish in markets and has released advice on eating fish from stores and restaurants. The advice, specific to children and women who are or might become pregnant or breastfeeding, can be found at:



<https://www.fda.gov/food/consumers/advice-about-eating-fish>

For more information



Indiana Fish Consumption Guidelines: <https://www.in.gov/health/eph/fish-consumption-advisory/>

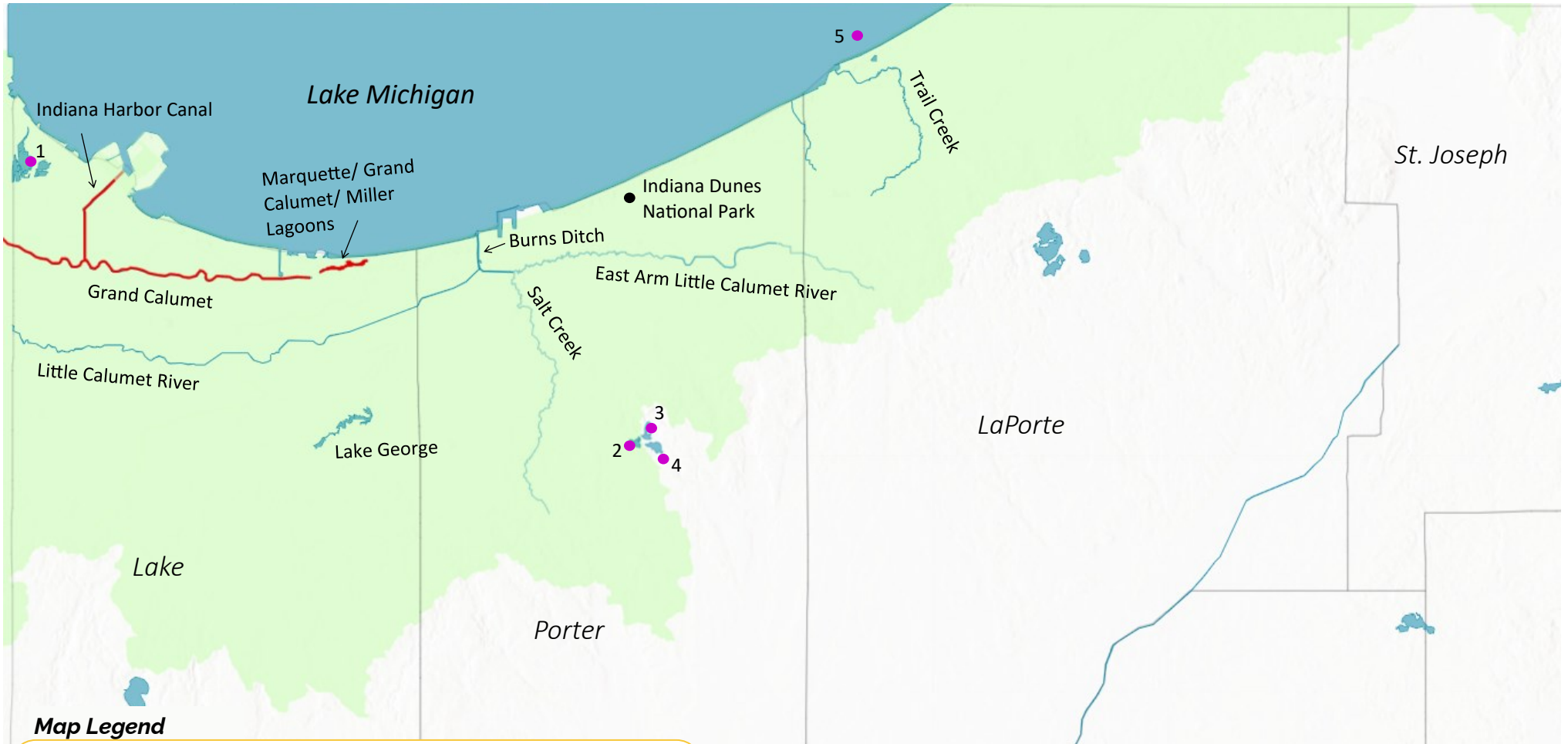


DNR Where to Fish Interactive Map: <https://secure.in.gov/dnr/fish-and-wildlife/fishing/where-to-fish-interactive-map/>



Choose Your Fish: <https://www.chooseyourfish.org/fish/recipe>

Little Calumet-Galien Basin map



Map Legend

- Area within the Great Lakes Basin Region boundary
- Waterbody (lake, stream, creek, etc.)
- Waterbody with a "do not eat" consumption advisory
- Popular fishing location

Popular fishing locations:

- 1: Wolf Lake
- 2: Loomis Lake
- 3: Long Lake
- 4: Flint Lake
- 5: Lake Michigan (LaPorte County)



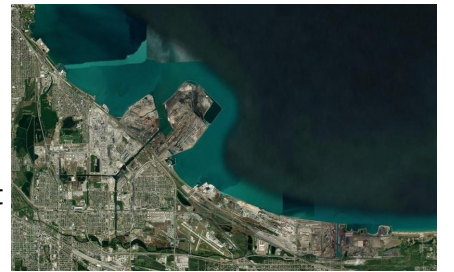
Lake Michigan fish guidelines

Location	Fish	Guidelines
Lake Michigan	Bloater chubs	1 meal/month
	Brown trout	1 meal/month
	Chinook salmon	1 meal/month
	Coho salmon	Up to 24": 1 meal/week; 24" +: 1 meal/month
	Lake trout	Up to 22": 1 meal/week; 22"-30": 1 meal/month 30" +: DO NOT EAT
	Lake whitefish	1 meal/week
	Rainbow smelt	1 meal/week
	Rainbow trout/Steelhead	1 meal/week
	Yellow perch	1 meal/week
	Indiana Harbor Canal	All fish
Grand Calumet River	All fish	DO NOT EAT
Marquette/Grand Calumet/Miller Lagoons	All fish	DO NOT EAT

Consult the Fish Consumption Guidelines for a complete listing of guidelines in your region and the state..

Area of concern

The Grand Calumet River, Indiana Harbor Canal, and portions of Lake Michigan have been designated as an area of concern (AOC) under the Great Lakes Water Quality Agreement.



AOCs require special attention, typically due to historical (legacy) sediment pollution and habitat loss. These factors have resulted in the loss of public benefits. PCBs, polycyclic aromatic hydrocarbons (PAHs). Heavy metals such as mercury and lead, pesticides, oil, and grease are historical pollutants that have been identified within the Grand Calumet River.

Many programs and partnerships have contributed to the restoration of the AOC. Efforts include remediation of contaminated sediment, restoration of fish and wildlife habitat, and reduction of E. coli contamination at AOC beaches. The passage of the Great Lakes Restoration Initiative (GLRI) in 2010 also initiated significant steps in the remediation of the area. Through GLRI funding, more than 9,000 acres of habitat restoration is taking place. While much effort has been made to remediate the AOC, fish caught from the AOC waterbodies still should not be eaten. See <https://www.in.gov/idem/lakemichigan/rap> for more information.

Common fish in the region

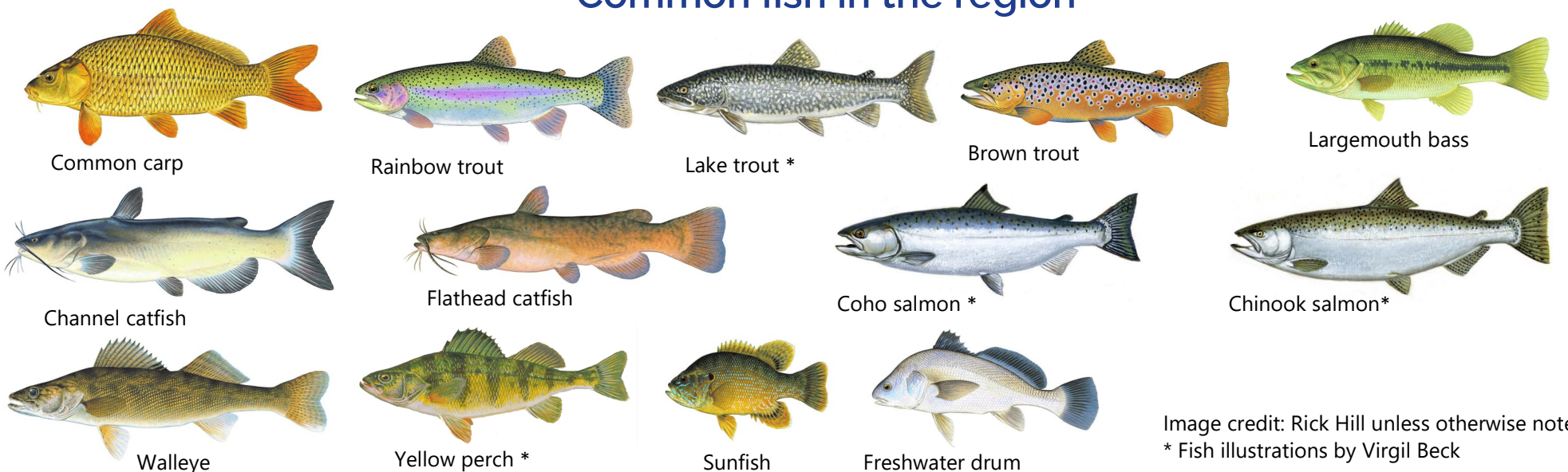


Image credit: Rick Hill unless otherwise noted
* Fish illustrations by Virgil Beck