

2006

# Your Guide to Eating Fish Caught in Florida

Fish Consumption Advisories are published periodically by the State of Florida to alert consumers about the possibility of chemically contaminated fish in Florida waters. The Advisories are meant to inform the public of potential health risks of specific fish species from specific water bodies.

**Florida Department of Health**

Prepared in cooperation with the Florida Departments of Environmental Protection and Agriculture and Consumer Services, and the Florida Fish and Wildlife Conservation Commission

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For further assistance please contact the Division  
of Environmental Health at (850) 245-4250

## Eat Healthy, Eat Smart

**Eating Fish is an important part of a healthy diet.** Rich in vitamins and low in fat, fish contains protein we need for strong bodies. It is also an excellent source of nutrition for proper growth and development. In fact, the American Heart Association recommends that you eat two meals of fish or seafood every week.

**At the same time, most Florida seafood has low to medium levels of mercury.**

Depending on the age of the fish, the type of fish, and the condition of the water the fish lives in, the levels of mercury found in fish are different.

**While mercury in rivers, creeks, ponds, and lakes can build up in some fish to levels that can be harmful, most fish caught in Florida can be eaten without harm.**

**Florida specific guidelines make eating choices easier.** To lower the risk of harm from mercury found in fish caught in Florida, guidelines based on tests of various freshwater, marine and estuarine water bodies are enclosed. This information should be used by everyone to determine the type and amount of fish to eat or avoid.

**Extra guidelines for women and young children. For most people, the risk of eating fish exposed to mercury is not a health concern.** However, developing fetuses and young children are more sensitive to the harmful effects mercury has on the brain than other people. As a result, women of childbearing age and young children should eat less fish than all others to avoid the higher health risks.

**Eating fish from commercial, untested or unknown sources.** Some fish you eat may not have been caught from water bodies tested for mercury. In cases where women of childbearing age, and young children do not know if the fish has been tested, or when it has been purchased from a store or restaurant, they should:

- Not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.
- Eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury. Commonly eaten seafood that are low in mercury include Shrimp, canned Light Tuna, Salmon, Pollock, and Catfish OR
- Only eat one 6 ounce meal per month of Largemouth bass, Bowfin and Gar OR
- Eat up to 6 ounces of Albacore Tuna per week and a second meal of a fish low in mercury, since Albacore ("White Tuna") has more mercury than canned Light Tuna OR
- Eat up to 6 ounces of fish per week from local water bodies not listed in the brochure.

**How much fish is considered a meal portion?** A meal is 6 ounces of cooked fish.

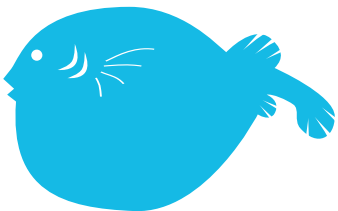
**How would I determine the maximum amount of fish to eat each month?** Based on recommendations in the charts, the amount of fish eaten from each water body should be added together to figure the maximum amount of fish to eat monthly. Fish from commercial, untested, or unknown sources should also be included when figuring the total amount of fish consumed each month.

**Most freshwater fish caught in Florida can be eaten without harm.** Bream (such as Bluegill, Redear sunfish, Redbreast sunfish or Spotted sunfish) and marine fish such as Mullet, Snappers, Pompano, Flounder, and Dolphin are generally low in mercury. Review the list of water bodies in this brochure to learn which fish can be consumed regularly and which should be avoided.

### AVOID PUFFER OR SUFFER



**Do not eat puffer fish caught in the Indian River Lagoon and from waters in Volusia, Brevard, Indian River, St. Lucie and Martin Counties. These include the southern puffer, northern puffer, marbled puffer, bandtail puffer, checkered puffer and least puffer.** Eating Puffer fish (also called Blowfish) can cause saxitoxin poisoning which can lead to neurological symptoms such as tingling, burning, numbness, drowsiness, incoherent speech and difficulty breathing. In severe cases, the poisoning can cause death. **Cooking or cleaning the fish will not destroy the toxin.** This toxin also has no taste, color or smell. If you experience any of the symptoms mentioned, contact your physician or visit the emergency room immediately.



The Florida Fish and Wildlife Conservation Commission prohibits the harvesting of puffer fish from the Indian River Lagoon and all other Florida waters of Brevard, Martin, Indian River, Volusia, and St. Lucie Counties. For more information go to [http://www.floridamarine.org/features/search\\_results.asp](http://www.floridamarine.org/features/search_results.asp)





Table 1: **Eating Guidelines for Fresh Water Fish from Florida Waters**

<b>LOCATION</b>	<b>COUNTY</b>	<b>SPECIES</b>	<b>Women of childbearing age, young children NUMBER OF MEALS*</b>	<b>All other individuals NUMBER OF MEALS</b>
<b>Cowpen Lake</b>	Putnam	Bluegill, Redear sunfish	One per month	One per week
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Crescent Lake</b>	Flagler, Putnam	Redbreast sunfish	Two per week	Two per week
		Bluegill	One per week	Two per week
		Largemouth bass, Black crappie, Bowfin, Gar	One per month	One per week
<b>Crooked Lake</b>	Polk	Bluegill	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Crooked River</b>	Franklin	Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Crystal River</b>	Citrus	Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Cue Lake</b>	Putnam	Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Dead Lake</b>	Flagler	Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Deerpoint Reservoir</b>	Bay	Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Dinners Lake</b>	Highlands	Redear sunfish	One per week	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Doctors Lake</b>	Clay	Bluegill, Redbreast sunfish	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per week	One per week
<b>Double Pond</b>	Holmes	Largemouth bass, Bowfin, Gar	One per month	One per week
<b>East Lake Tohopekaliga</b>	Osceola	Bluegill, Redear sunfish,	One per week	Two per week
		Black crappie,	One per month	One per week
		Chain pickerel, Warmouth	One per month	One per month
<b>Econfina River</b>	Taylor	Redbreast sunfish, Spotted sunfish	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Econlockhatchee River</b>	Orange, Seminole	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
<b>Edward Medard Reservoir</b>	Hillsborough	Largemouth bass, Bowfin, Gar	One per week	Two per week
<b>Emeralda Marsh WMA</b> (See pesticide advisory pg. 21)	Lake	Largemouth bass, Bowfin, Gar	One per week	Two per week
<b>Equaloxic Creek</b>	Liberty	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Escambia River</b>	Escambia, Santa Rosa	Bluegill, Redear sunfish	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
		Warmouth	One per month	One per month
<b>Everglades National Park north and west of SR 9336 (Shark River Slough), except Lostman's Creek area (see next)</b>	Miami-Dade, Monroe	Redear sunfish	One per month	Two per week
		Bluegill	One per month	One per week
		Mayan cichlid	One per month	One per month
		Largemouth bass less than 14 inches, Spotted sunfish, Yellow bullhead	<b>DO NOT EAT</b>	One per month
		Largemouth bass more than 14 inches, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>

\* All other individuals can eat one meal per week of Largemouth bass, Bowfin and Gar caught from Florida waters not listed in this brochure.

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<b>LOCATION</b>	<b>COUNTY</b>	<b>SPECIES</b>	<b>Women of childbearing age, young children NUMBER OF MEALS*</b>	<b>All other individuals NUMBER OF MEALS</b>
<b>Everglades National Park including Big Lostman's Creek, Indian Camp Creek/ Rogers Creek</b>	Monroe	Common snook, Largemouth bass less than 14 inches	One per month	One per week
		Largemouth bass 14 inches or more, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
<b>Faka Union Canal</b>	Collier	Redear sunfish	Two per week	Two per week
		Bluegill, Mayan cichlid, Warmouth	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Farm 13 Reservoir</b>	Indian River	Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Fenholloway River</b>	Taylor	Bowfin	One per month	Two per week
<b>Fisheating Creek</b>	Glades, Highlands	Bluegill	One per month	One per month
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Gadsden Park, Tampa</b>	Hillsborough	Bluegill	One per week	One per week
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Grasshopper Lake</b>	Marion	Bluegill	One per month	One per month
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
<b>Grassy Lake</b>	Highlands	Bluegill, Redear sunfish	One per week	Two per week
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Halfmoon Lake</b>	Marion	Bluegill	One per month	Two per week
		Redear sunfish	One per month	One per week
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Higginbotham Lake</b>	Putnam	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
<b>Hillsborough Canal</b>	Palm Beach	Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Hillsborough River</b>	Hillsborough	Redbreast sunfish	One per week	Two per week
		Redear sunfish, Spotted sunfish, Warmouth	One per month	One per week
		Bluegill, Largemouth bass, Bowfin, Gar	One per month	One per month
		Bluegill, Mayan Cichlid, Redear sunfish	One per month	One per week
<b>Holeyland WMA</b>	Palm Beach	Largemouth bass less than 14 inches	One per month	One per month
		Largemouth bass 14 inches or more, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
		Bluegill	One per week	Two per week
<b>Holly Chain of Lakes including Lakes Ella and Holly</b>	Lake	Redear sunfish	One per month	Two per week
		Chain pickerel	One per month	One per week
		Black crappie, Largemouth bass, Bowfin, Gar	One per month	One per month
		Bluegill	One per week	Two per week
<b>Holmes Creek</b>	Washington	Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Hungryland WEA</b>	Palm Beach	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
<b>Hunters Lake</b>	Hernando	Redear sunfish	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
		Black crappie	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Indian Camp Creek	Monroe	Common snook, Largemouth bass less than 14 inches	One per month	One per week
		Largemouth bass 14 inches or more, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
Jacks Lake	Lake	Largemouth bass, Bowfin, Gar	One per month	One per month
Johns Lake	Lake	Bluegill	One per week	Two per week
		Black crappie, Largemouth bass, Bowfin, Gar, Redear sunfish	One per month	One per week
Kenansville Lake	Brevard	Largemouth bass, Bowfin, Gar	Two per week	Two per week
Kissimmee River	Highlands, Okeechobee, Osceola, Polk	White catfish	One per week	Two per week
		Black crappie, Bluegill, Redear sunfish, Spotted sunfish	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Krome Avenue Canal (L-30)	Miami-Dade	Bluegill, Mayan cichlid, Redear sunfish	One per month	One per week
		Largemouth bass less than 14 inches	<b>DO NOT EAT</b>	One per month
		Largemouth bass 14 inches or more, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
L-31 Canal	Miami-Dade	Largemouth bass less than 14 inches	One per month	One per week
		Largemouth bass 14 inches or more, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
Lake Agnes	Polk	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Alto	Alachua	Bluegill	One per month	One per week
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Annie	Highlands	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
Lake Apopka <b>SEE ADVISORY IN TABLE 3 FOR PESTICIDES</b>	Lake, Orange	Black crappie, Bluegill, Largemouth bass, Bowfin, Gar, Redear sunfish	Two per week	Two per week
Lake Apthorpe	Highlands	Redear sunfish	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Arbuckle	Polk	Bluegill	One per week	Two per week
		Redear sunfish, Warmouth	One per month	Two per week
		Black crappie	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Ashby	Volusia	Bluegill	One per week	Two per week
		Redear sunfish	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Baldwin	Orange	Largemouth bass, Bowfin, Gar	One per month	Two per week
Lake Beauclair	Lake	Black crappie, Bluegill, Brown bullhead, Redear sunfish	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per week	Two per week

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Lake Bessie	Orange	Bluegill	One per week	Two per week
		Black crappie, Redear sunfish	One per week	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Broward	Putnam	Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Bryant	Marion	Bluegill, Redear sunfish	Two per week	Two per week
		Black crappie	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Buffum	Polk	Redear sunfish	Two per week	Two per week
		Bluegill	One per week	Two per week
		Black crappie	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Butler	Orange	Bluegill	One per week	Two per week
		Black crappie, Redear sunfish	One per week	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Butler	Union	Black crappie, Bluegill, Redear sunfish	One per week	Two per week
Lake Charlotte	Highlands	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Chase	Orange	Bluegill	One per week	Two per week
		Black crappie, Redear sunfish	One per week	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Clay	Highlands	Bluegill, Redear sunfish	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Clinch	Polk	Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Conway	Orange	Bluegill	Two per week	Two per week
		Redear sunfish	One per week	One per week
		Chain pickerel	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Crosby	Bradford	Bluegill	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Cypress	Osceola	Bluegill, Redear sunfish	Two per week	Two per week
		Chain pickerel, Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Daugherty	Volusia	Bluegill	One per week	Two per week
		Redear sunfish, Warmouth	One per month	One per week
		Black crappie	One per month	One per month
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Deaton	Sumter	Largemouth bass, Bowfin, Gar	One per week	Two per week
Lake Delancy	Marion	Bluegill	One per week	Two per week
		Black crappie	One per month	One per week
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Lake Delevoe	Broward	Redear sunfish	One per week	One per week
		Bluegill, Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Dexter	Polk	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Dias	Volusia	Largemouth bass, Bowfin, Gar	One per month	Two per week
Lake Disston	Flagler	Redear sunfish	One per month	One per week
		Black crappie, Bluegill, Warmouth	One per month	One per month
Lake Dora	Lake	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
		Black crappie, Redbreast sunfish	Two per week	Two per week
Lake Dorr	Lake	Bluegill, Redear sunfish	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Down	Orange	Bluegill	One per week	Two per week
		Black crappie, Redear sunfish	One per week	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Eaton	Marion	Bluegill	One per week	Two per week
		Redear sunfish	One per month	Two per week
		Black crappie, Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Eldorado	Lake	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Ella	Lake	Bluegill	One per week	Two per week
		Redear sunfish	One per month	Two per week
		Chain pickerel	One per month	One per week
		Black crappie, Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Estelle	Orange	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Eustis	Lake	Bluegill, Redear sunfish	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per week	Two per week
		Black crappie	One per week	One per week
Lake Francis	Highlands	Redear sunfish	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Frederica	Orange	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Garfield	Polk	Bluegill	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	Two per week
Lake Gentry	Osceola	Redear sunfish	One per week	Two per week
		Bluegill, Warmouth	One per month	One per week
		Chain pickerel, Bowfin	<b>DO NOT EAT</b>	One per month
Lake George	Volusia	Largemouth bass, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
		Bluegill, Redear sunfish	One per week	Two per week
		Black crappie	One per month	Two per week
		Largemouth bass, Bowfin, Gar, Redbreast sunfish, Warmouth	One per month	One per week
Lake Georges	Putnam	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Glenada	Highlands	Largemouth bass, Bowfin, Gar	One per month	One per week

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<b>Lake Glona</b>	Lake	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Lake Griffin</b>	Lake	Black crappie, Bluegill Redbreast sunfish, Redear sunfish, Warmouth	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per week	Two per week
<b>Lake Hamilton</b>	Polk	Redear sunfish	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Lake Hampton</b>	Bradford	Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Lake Harney</b>	Volusia	White catfish	Two per week	Two per week
		Black crappie, Redear sunfish	One per week	Two per week
		Bluegill	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Lake Harris</b>	Lake	Black crappie	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	Two per week
<b>Lake Hart</b>	Orange	Bluegill, Redear sunfish	One per month	One per week
		Black crappie, Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Lake Hatchineha</b>	Osceola	Redear sunfish	Two per week	Two per week
		Bluegill	One per week	Two per week
		Black crappie	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Lake Hellen Blazes</b>	Brevard	White catfish	Two per week	Two per week
		Black crappie, Redear sunfish	One per week	Two per week
		Bluegill	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Lake Hicpochee</b>	Glades	Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Lake Holly</b>	Lake	Bluegill	One per week	Two per week
		Redear sunfish	One per month	Two per week
		Chain pickerel	One per month	One per week
		Black crappie, Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Lake Huntley</b>	Highlands	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
<b>Lake Iamonia</b>	Leon	Bluegill, Redear sunfish	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Lake Ida, Lake Osborne, E-4 Canal</b>	Broward, Palm Beach	Largemouth bass, Bowfin, Gar	Two per week	Two per week
<b>Lake Istokpoga</b>	Highlands	Bluegill	One per week	Two per week
		Black crappie, Largemouth bass less than 15 inches Bowfin, Gar	One per month	One per week
<b>Lake Ivanhoe</b>	Orange	Largemouth bass, Bowfin, Gar	Two per week	Two per week
<b>Lake Jackson</b>	Walton	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Lake Mary Jane	Orange	Bluegill, Redear sunfish	One per month	One per week
		Black crappie, Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Miccosukee	Jefferson, Leon	Bluegill	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	Two per week
Lake Minnehaha	Lake	Bluegill, Channel catfish	One per month	One per week
		Yellow bullhead	One per month	One per month
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Minneola	Lake	Bluegill, Redear sunfish	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Miona	Sumter	Bluegill, Redear sunfish	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	Two per week
Lake Monroe	Seminole, Volusia	Bluegill, Redear sunfish	One per week	Two per week
		Black crappie	One per month	Two per week
		Largemouth bass, Bowfin, Gar, Redbreast sunfish, Warmouth	One per month	One per week
Lake Munson	Leon	Redear sunfish	One per week	One per week
		Black crappie, Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Norris	Lake	Bluegill	One per week	Two per week
		Redear sunfish	One per month	One per week
		Largemouth bass, Bowfin, Gar, Warmouth	One per month	One per month
Lake Octahatchee	Hamilton	Bluegill	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Okahumpka	Sumter	Black crappie	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Okeechobee	Glades, Hendry, Martin, Palm Beach	Brown bullhead, Channel catfish, Redear sunfish, White catfish	Two per week	Two per week
		Black crappie, Bluegill, Largemouth bass less than 13 inches	One per week	Two per week
		Largemouth bass 18 inches or more, Bowfin, Gar	One per month	One per week
Lake Olivia	Highlands	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Osborne, Lake Ida, E-4 Canal	Palm Beach	Largemouth bass, Bowfin, Gar	Two per week	Two per week
Lake Palmer	Orange	Bluegill	One per week	Two per week
		Black crappie, Redear sunfish	One per week	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Panasoffkee	Sumter	Bluegill, Redear sunfish	Two per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Parker	Polk	Largemouth bass, Bowfin, Gar	Two per week	Two per week
Lake Pasadena	Pasco	Largemouth bass, Bowfin, Gar	One per month	One per week

**Fresh Water Fish • Fresh Water Fish • Fresh Water Fish • Fresh Water Fish • Fresh Water Fish • Fresh Wa**

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Table 1: **Eating Guidelines for Fresh Water Fish from Florida Waters**

LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Lake Pierce	Polk	Bluegill, Redear sunfish	Two per week	Two per week
		Chain pickerel	One per month	Two per week
		Black crappie, Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Placid	Highlands	Black crappie	One per month	One per week
		Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Poinsett	Brevard, Orange, Osceola	White catfish	Two per week	Two per week
		Black crappie, Redear sunfish	One per week	Two per week
		Bluegill	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Renfroe (St. Marks Wildlife Refuge)	Wakulla	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Rousseau	Citrus	Bluegill, Redear sunfish	Two per week	Two per week
		Warmouth	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Rowell	Bradford	Largemouth bass, Bowfin, Gar	One per week	Two per week
Lake Russell	Osceola	Bluegill, Redear sunfish	One per month	One per week
		Largemouth bass, Bowfin, , Gar,	One per month	One per month
		Black crappie	<b>DO NOT EAT</b>	One per month
Lake Sampson	Bradford	Bluegill, Redear sunfish	One per week	Two per week
		Chain Pickerel	One per month	One per week
		Black crappie, Largemouth bass, Bowfin, Gar	One per month	One per month
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Santa Fe	Alachua	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Sawgrass	St. Johns	White catfish	Two per week	Two per week
		Black crappie, Redear sunfish	One per week	Two per week
		Bluegill	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Sebring	Highlands	Black crappie	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Seminole (Jim Woodruff Reservoir)	Jackson	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Shangri-La	Hillsborough	Largemouth bass, Bowfin, Gar	One per month	One per week
Lake Sheen	Orange	Bluegill	One per week	Two per week
		Black crappie, Redear sunfish	One per week	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
Lake Sylvan	Seminole	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
Lake Talquin	Gadsden, Leon	Bluegill	One per week	Two per week
		Redear sunfish	One per month	Two per week
		Black crappie	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month

Fresh Water Fish • Fresh Water Fish • Fresh Water Fish • Fresh Water Fish • Fresh Water Fish • Fresh Water Fish

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Table 1: **Eating Guidelines for Fresh Water Fish from Florida Waters**

<b>LOCATION</b>	<b>COUNTY</b>	<b>SPECIES</b>	<b>Women of childbearing age, young children NUMBER OF MEALS*</b>	<b>All other individuals NUMBER OF MEALS</b>
<b>Santa Fe River</b>	Alachua, Bradford, Columbia, Gilchrist, Union	Redbreast sunfish, Redear sunfish, White catfish	One per week	Two per week
		Brown bullhead	One per month	Two per week
		Channel catfish	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Shoal River</b>	Okaloosa, Santa Rosa	Longear sunfish	One per week	Two per week
		Bluegill	One per month	Two per week
		Chain pickerel, Redear sunfish, Warmouth	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Smith Lake</b>	Marion	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Sopchoppy River</b>	Wakulla	Largemouth bass, Bowfin, Gar	<b>DO NOT EAT</b>	One per month
<b>Spring Lake</b>	Seminole	Largemouth bass, Bowfin, Gar	One per month	One per week
<b>St. Augustine Fish Management Area</b>	Duval	Largemouth bass, Bowfin, Gar	One per week	Two per week
<b>St. Johns River North of SR 415 to Green Cove Springs, including Lakes George &amp; Monroe</b>	Clay, Flagler, Lake, Marion, Putnam, Seminole St. Johns, Volusia	Bluegill, Redear sunfish	One per week	Two per week
		Black crappie	One per month	Two per week
		Largemouth bass, Bowfin, Gar, Redbreast sunfish, Warmouth	One per month	One per week
<b>St. Johns River South of SR 415, including Lakes Harney, Puzzle, Poinsett, Winder, Washington, Sawgrass &amp; Hellen Blazes</b>	Brevard, Orange, Osceola Seminole, Volusia	White catfish	Two per week	Two per week
		Black crappie, Redear sunfish	One per week	Two per week
		Bluegill	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
<b>St. Marks River (St Marks Wildlife Refuge)</b>	Leon, Wakulla	Bluegill, Redbreast sunfish, Redear sunfish	Two per week	Two per week
		Spotted sunfish	One per week	Two per week
		Black crappie, Warmouth	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
<b>St. Mary's River</b>	Baker, Nassau	Redbreast sunfish	One per month	Two per week
		Largemouth bass, Bowfin, Gar, White catfish	<b>DO NOT EAT</b>	One per month
<b>Steinhatchee River</b>	Dixie, Lafayette, Taylor	Spotted sunfish	One per month	Two per week
		Largemouth bass, Bowfin, Gar, Redbreast sunfish	One per month	One per week
<b>Suwannee River system, (including Alapaha, Santa Fe, Suwannee, and Withlacoochee Rivers)</b>	Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Madison, Suwannee, Union	Redbreast sunfish, Redear sunfish, White catfish	One per week	Two per week
		Brown bullhead	One per month	Two per week
		Channel catfish	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
		Largemouth bass	<b>DO NOT EAT</b>	One per month
<b>Sweet Water Creek</b>	Calhoun, Liberty	Largemouth bass	<b>DO NOT EAT</b>	One per month
		Bowfin, Gar	<b>DO NOT EAT</b>	One per month
		Bluegill, Redear sunfish	One per week	Two per week
		Mayan cichlid, Spotted sunfish, Warmouth	One per month	One per week
<b>Tamiami Canal (WCA3) West of SR 997 (Krome Ave.) to county line</b>	Miami-Dade	Largemouth bass less than 14 inches	One per month	One per month
		Largemouth bass 14 inches or more, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>

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Table 1: **Eating Guidelines for Fresh Water Fish from Florida Waters**

LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
<b>Tiger Lake</b>	Polk	Bluegill, Redear sunfish	One per week	Two per week
		Black crappie, Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Trout Lake</b>	Lake	Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Turkey Lake</b>	Orange	Black crappie	One per week	Two per week
<b>Turner River Canal</b>	Collier	Florida Gar	One per month	One per week
		Largemouth bass, Bowfin	<b>DO NOT EAT</b>	One per month
<b>Waccasassa River</b>	Levy	Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Wacissa River</b>	Jefferson	Spotted sunfish	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	Two per week
<b>Wakulla River (St Marks Wildlife Refuge)</b>	Wakulla	Bluegill, Redbreast sunfish, Redear sunfish	Two per week	Two per week
		Spotted sunfish	One per week	Two per week
		Black crappie, Warmouth	One per month	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per week
<b>Water Conservation Area 2</b>	Broward, Palm Beach	Bluegill, Redear sunfish, Spotted sunfish, Warmouth, Largemouth bass less than 14 inches	One per month	One per week
		Largemouth bass 14 inches or more, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
<b>Water Conservation Area 3A</b>	Broward, Miami-Dade	Redear sunfish, Spotted sunfish, Warmouth	One per month	Two per week
		Bluegill, Largemouth bass less than 14 inches, Mayan cichlid, Yellow bullhead	One per month	One per week
		Largemouth bass 14 inches or more, Bowfin, Gar	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
<b>Wekiva River</b>	Lake, Orange, Seminole	Bluegill, Redbreast sunfish, Redear sunfish, Warmouth	One per week	Two per week
		Spotted sunfish	One per month	Two per week
		Largemouth bass, Bowfin, Gar,	One per month	One per week
<b>Whitsell Lake</b>	Pinellas	Bluegill	One per week	Two per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Wildcat Lake</b>	Lake	Bluegill	One per month	Two per week
		Warmouth	<b>DO NOT EAT</b>	One per month
<b>Withlacoochee River North</b>	Hamilton, Madison	Redbreast sunfish, Redear sunfish, White catfish	One per week	Two per week
		Brown bullhead	One per month	Two per week
		Channel catfish	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month
<b>Withlacoochee River South</b>	Citrus, Hernando, Levy, Marion, Pasco, Polk, Sumter	Bluegill, Redbreast sunfish	One per month	One per week
		Largemouth bass, Bowfin, Gar	One per month	One per month

Fresh Water Fish • Fresh Water Fish • Fresh Water Fish • Fresh Water Fish • Fresh Water Fish • Fresh Water Fish

\* All other individuals can eat one meal per week of Largemouth bass, Bowfin and Gar caught from Florida waters not listed in this brochure.



Table 2: **Eating Guidelines for Marine and Estuarine Fish From Florida Waters**

<b>WATER BODY</b>	<b>SPECIES</b>	<b>Women of childbearing age, young children NUMBER OF MEALS*</b>	<b>All other individuals NUMBER OF MEALS</b>
All coastal waters	<b>Almaco jack</b>	One per month	One per month
All coastal waters	<b>Atlantic croaker</b>	Two per week	Two per week
All coastal waters	<b>Atlantic spadefish</b>	One per week	One per week
All coastal waters	<b>Atlantic stingray</b>	One per month	One per week
All coastal waters	<b>Atlantic thread herring</b>	One per week	Two per week
All coastal waters	<b>Atlantic weakfish</b>	One per week	Two per week
All coastal waters	<b>Black drum</b>	One per week	Two per week
All coastal waters	<b>Black grouper</b>	One per month	One per week
All coastal waters	<b>Blackfin tuna</b>	<b>DO NOT EAT</b>	One per month
All coastal waters	<b>Bluefish</b>	One per month	One per week
All coastal waters	<b>Bluntnose sting ray</b>	One per week	Two per week
All coastal waters	<b>Bonefish</b>	One per month	One per week
Florida Bay, Biscayne Bay, and Florida Keys	<b>Crevalle jack</b>	<b>DO NOT EAT</b>	One per month
Remaining coastal waters	<b>Crevalle jack</b>	One per month	One per week
All coastal waters	<b>Cobia</b>	<b>DO NOT EAT</b>	One per month
All coastal waters	<b>Dolphin</b>	One per week	Two per week
All coastal waters	<b>Fantail mullet</b>	Two per week	Two per week
All coastal waters	<b>Florida pompano</b>	One per week	Two per week
All coastal waters	<b>Gafftopsail catfish</b>	One per month	One per week
All coastal waters	<b>Gag</b>	One per month	One per week
Florida Bay, Biscayne Bay, and Florida Keys	<b>Gray snapper</b>	One per month	Two per week
Remaining coastal waters	<b>Gray snapper</b>	One per week	Two per week
All coastal waters	<b>Greater amberjack</b>	One per month	One per week
Florida Bay, Biscayne Bay, and Florida Keys	<b>Great barracuda</b>	<b>DO NOT EAT</b>	One per month
Remaining coastal waters	<b>Great barracuda</b>	One per month	Two per week
All coastal waters	<b>Gulf flounder</b>	One per month	One per week
All coastal waters	<b>Hardhead catfish</b>	One per week	Two per week
All coastal waters	<b>Hogfish</b>	One per week	Two per week
All coastal waters	<b>King mackerel less than 31 inches fork length</b>	<b>DO NOT EAT</b>	One per month
All coastal waters	<b>King mackerel 31 or more inches fork length</b>	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
All coastal waters	<b>Ladyfish</b>	One per month	One per week
All coastal waters	<b>Lane snapper</b>	One per month	Two per week
All coastal waters	<b>Little tunny</b>	<b>DO NOT EAT</b>	One per month
All coastal waters	<b>Lookdown</b>	One per week	Two per week
All coastal waters	<b>Mutton snapper</b>	One per month	One per week
All coastal waters	<b>Pigfish</b>	One per week	Two per week
All coastal waters	<b>Pinfish</b>	One per month	Two per week
Florida Bay, Biscayne Bay, and Florida Keys	<b>Red drum</b>	One per month	One per week
Remaining coastal waters	<b>Red drum</b>	One per month	Two per week
All coastal waters	<b>Red grouper</b>	One per month	One per week
All coastal waters	<b>Red snapper</b>	One per week	Two per week
All coastal waters	<b>Sand seatrout</b>	One per month	One per week
All coastal waters	<b>Scamp</b>	One per month	One per week
All coastal waters	<b>Shark, all species less than 43 inches</b>	<b>DO NOT EAT</b>	One per month
All coastal waters	<b>Shark, all species 43 inches or more</b>	<b>DO NOT EAT</b>	<b>DO NOT EAT</b>
All coastal waters	<b>Sheepshead</b>	One per month	Two per week

**Marine and Estuarine Fish • Marine and Estuarine Fish • Marine and Estuarine Fish • Marine and Estuarine Fish**

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Table 2: **Eating Guidelines for Marine and Estuarine Fish From Florida Waters**

<b>WATER BODY</b>	<b>SPECIES</b>	<b>Women of childbearing age, young children NUMBER OF MEALS*</b>	<b>All other individuals NUMBER OF MEALS</b>
All coastal waters	<b>Silver perch</b>	One per month	One per week
All coastal waters	<b>Skipjack tuna</b>	One per month	Two per week
Florida Bay, Biscayne Bay, and Florida Keys	<b>Snook</b>	One per month	One per month
Remaining coastal waters	<b>Snook</b>	One per month	One per week
All coastal waters	<b>Snowy grouper</b>	One per month	One per month
All coastal waters	<b>Southern flounder</b>	One per week	Two per week
All coastal waters	<b>Spanish mackerel</b>	One per month	One per week
All coastal waters	<b>Spot</b>	One per week	Two per week
Florida Bay, Biscayne Bay, and Florida Keys	<b>Spotted seatrout</b>	One per month	One per month
Remaining coastal waters	<b>Spotted seatrout</b>	One per month	One per week
All coastal waters	<b>Southern kingfish</b>	One per month	Two per week
All coastal waters	<b>Striped mullet</b>	Two per week	Two per week
All coastal waters	<b>Striped mojarra</b>	Two per week	Two per week
All coastal waters	<b>Tarpon</b>	One per week	Two per week
Florida Bay, Biscayne Bay, and Florida Keys	<b>Tripletail</b>	One per month	One per week
Remaining coastal waters	<b>Tripletail</b>	One per month	Two per week
All coastal waters	<b>Vermillion snapper</b>	One per week	Two per week
All coastal waters	<b>Wahoo</b>	One per month	One per week
All coastal waters	<b>White grunt</b>	One per month	One per week
All coastal waters	<b>White gullet</b>	Two per week	Two per week
All coastal waters	<b>Yellow-edge grouper</b>	One per month	Two per week
All coastal waters	<b>Yellowfin tuna</b>	One per month	Two per week
All coastal waters	<b>Yellowtail Snapper</b>	One per week	Two per week

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**Table 3: Eating Fish from Florida Waters with Dioxin, Pesticide, or Saxitoxin Contamination**

<b>WATER BODY</b>	<b>CONTAMINANT</b>	<b>COUNTY</b>	<b>EVERYONE</b>
<b>Emeralda Marsh Area 7</b>	Pesticides	Lake	<b>DO NOT EAT</b> Largemouth bass, Brown bullhead Catfish
	Pesticides	Lake	<b>ONE MEAL PER MONTH</b> Black crappie
<b>Lake Apopka</b>	Pesticides	Orange, Lake	<b>DO NOT EAT</b> Brown bullhead Catfish
<b>Wagner Creek</b>	Dioxin	Miami-Dade	<b>DO NOT EAT</b> Checker Puffer Fish or Stripped Mojarra
<b>Indian River Lagoon &amp; all marine waters of the listed counties</b>	Saxitoxin	Brevard, Indian River, Martin, St. Lucie & Volusia	<b>DO NOT EAT</b> All Puffer Fish

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