

FISH CONSUMPTION ADVISORY

Mercury

Traces of mercury have been detected in certain species of freshwater fish. If you frequently eat fish (more than four meals/month), you are advised to choose smaller size fish and fish such as brook and rainbow trout more often than the other species listed in this table.

Species	Fish Length (measured nose to tail fork)	CONSUMPTION LIMIT				
		General Public Over age 12	Women who are or may become pregnant &/or are breast feeding	Infants (less than 1 year of age)	Children age 1–4	Children age 5–11
Rainbow Trout	Any Size	No Advisory	No Advisory	No Advisory	No Advisory	No Advisory
Brook Trout	Under 25 cm (9.8 in)	2 servings/week	2 serving/month	½ serving/ month	1 serving/month	1 ½ serving/month
	Over 25 cm (9.8 in)	2 servings/week	Avoid	Avoid	Avoid	Avoid
Smallmouth Bass	Under 25 cm (9.8 in)	2 servings/week	2 serving/month	½ serving/month	1 serving/month	1 ½ serving/month
	Over 25 cm (9.8 in)	1 serving/week	Avoid	Avoid	Avoid	Avoid
White Perch	Under 25 cm (9.8 in)	2 serving/week	2 serving/month	½ serving/month	1 serving/month	1 ½ serving/month
	Over 25 cm (9.8 in)	Avoid	Avoid	Avoid	Avoid	Avoid
Yellow Perch	Under 20 cm (7.9 in)	2 serving/week	2 serving/month	½ serving/month	1 serving/month	1 ½ serving/month
	Over 20 cm (7.9 in)	2 serving/week	Avoid	Avoid	Avoid	Avoid
Chain Pickerel	Under 25 cm (9.8 in)	2 serving/month	Avoid	Avoid	Avoid	Avoid
	Over 25 cm (9.8 in)	Avoid	Avoid	Avoid	Avoid	Avoid
Other freshwater species	Any Size	1 serving/week	Avoid	Avoid	Avoid	Avoid

1 serving = 75 g or 2 ½ oz or 125 mL or ½ cup of cooked fish (Canada's Food Guide)

POLYCHLORINATED BIPHENYLS (PCBs)

Scientific research suggests that over a number of years, eating a steady diet of contaminated fish may be harmful to human health. Trout caught in two lakes in Nova Scotia showed levels of PCBs that are above the acceptable guidelines established by Health Canada.

As a precaution, we advise the public not to eat fish taken from Five Island and Shelldrake Lakes.

Catch and release regulations are in place on Five Island, Shelldrake, and other lakes in this area (see Recreational Fishing Area 3).

This advisory may be revised as new or additional data becomes available.

For further information, contact Nova Scotia Environment at 1-800-565-3611.

