

Recommended Fish Consumption Limits in Alberta

Fish Consumption Advisory

Understanding the Table

- 1 lb = 454 grams.
- 1 serving = 75 grams, ½ cup, 2.5 ounces, or a piece of cooked fish that fits into the palm of your hand.
- “Women” refers to women at reproductive age (15-49 yr) and pregnant women. “Adult” includes adults and children over 12 yr.
- Fish Species Codes:
 - BURB=Burbot
 - NRPK=Northern Pike
 - GOLD=Goldeye
 - SAUG=Sauger
 - LKTR=Lake Trout
 - WALL=Walleye
 - LKWH=Lake Whitefish
- **Note:** Advisories with “- avoid, avoid, avoid 1” indicate the advisories were issued in the 1990s and no mercury levels are available. When new fish samples from these locations are collected for mercury testing, these advisories will be updated.

Table: Fish Consumption Limits for Alberta Waterbodies

Red text denotes an addition to the table Green text denotes a change in consumption limits due to new information						
Water Body/Fish Species	Species	Fish Sized over lbs	Consumption Limit (servings per week)			
			Women	Children (5-11 yr)	Children (1-4 yr)	Adults (12 and over)
Amisk Lake (65-18-W4)	NRPK	2	avoid	avoid	avoid	6
	WALL	1	avoid	avoid	avoid	4
Athabasca River (downstream Fort McMurray)	WALL	2	2	1	0.5	no limit
Baptiste Lake	NRPK	4	4	1	0.5	no limit
	WALL	2	avoid	avoid	avoid	6
Beaver Lake	NRPK	5	3	1	0.5	no limit
	WALL	3	3	1	0.5	no limit
Bourque Lake	NRPK	3	4	2	1	no limit
	WALL	4	3	1	0.5	no limit
Bow River (below Bassano Dam)	NRPK	-	avoid	avoid	avoid	1
	WALL	-	avoid	avoid	avoid	1
Chinchaga River	WALL	2	3	1	0.5	no limit
Christina Lake (76-6-W4)	NRPK	8	2	1	0.5	no limit
	WALL	4	2	1	0.5	no limit
Clearwater River (NE Alberta)	WALL	2	2	1	0.5	no limit
Cowoki Reservoir (19-13-W4)	NRPK	8	avoid	avoid	avoid	5
Crawling Valley Reservoir (22-18-W4)	NRPK	3	3	1.5	0.5	no limit

	WALL	2	avoid	avoid	avoid	6
Cross (Steele)Lake	NRPK	4	6	2.5	1.5	no limit
Dore Lake	NRPK	6	4	2	1	no limit
	WALL	2	avoid	avoid	avoid	5
Eagle Lake	WALL	3	6	2.5	1.5	no limit
Edwards Lake (75-9-W4)	NRPK	-	avoid	avoid	avoid	1
Elinor Lake	NRPK	4	avoid	avoid	avoid	5
	WALL	4	avoid	avoid	avoid	4
Ethel Lake	NRPK	2	3	1	0.5	no limit
	WALL	2	3	1	0.5	no limit
Goodfish Lake	NRPK	3	3	1	0.5	no limit
	WALL	3	4	2	1	no limit
Gregoire Lake (86-8-W4)	NRPK	2	8	4	2	no limit
Helena Lake (66-11-W4)	NRPK	-	avoid	avoid	avoid	1
	WALL	-	avoid	avoid	avoid	1
Hilda Lake (64-3-W4)	NRPK	2	2	1	0.5	6
	WALL	2	avoid	avoid	avoid	5
Ironwood Lake (65-10-W4)	NRPK	-	avoid	avoid	avoid	1
	WALL	-	avoid	avoid	avoid	1
Isle Lake	WALL	3	6	2.5	1.5	no limit
Kehewin Lake	NRPK	4	3	1.5	0.5	no limit
	WALL	2	4	2	1	no limit
Keho Lake	WALL	4	5	2	1	no limit
Kinnaird Lake (67-10-W4)	NRPK	3	3	1	0.5	no limit
	WALL	2	avoid	avoid	avoid	5
Lac Bellevue	WALL	2	3	1	0.5	no limit
Lac La Nonne (57-3-W5)	NRPK	2	4	2	1	no limit
	WALL	2	avoid	avoid	avoid	6
Lake Athabasca	LKTR	6	5	2	1	no limit
	NRPK	6	5	2	1	no limit
	WALL	3	5	2	1	no limit
Lake Newell (17-15-W4)	NRPK	2	8	4	2	no limit
	WALL	3	4	2	1	no limit
Lesser Slave Lake	NRPK	5	3	1	0.5	no limit
	WALL	3	4	2	1	no limit
Little Bow Reservoir	NRPK	3	2	1	0.5	6
Little Bow River (upstream of Twin Valley Res.)	NRPK	2	4	2	1	no limit
Little Bow River (downstream of Twin Valley Res.)	NRPK	2	2	1	0.5	no limit
Long Lake (63-19-W4)	NRPK	2	4	2	1	no limit
Loon River	WALL	2	4	2	1	no limit
Marie Lake	NRPK	4	5	2	1	no limit
McGregor Lake	WALL	4	avoid	avoid	avoid	5
McMillan Lake	NRPK	4	3	1	0.5	no limit
Milk River Ridge Reservoir (5-20-W4)	NRPK	3	4	2	1	no limit
	WALL	3	2	1	0.5	no limit
Moose Lake (61-7-W4)	NRPK	5	3	1	0.5	no limit
	WALL	4	2	1	0.5	no limit
Muskwa Lake (82-5-W5)	NRPK	-	avoid	avoid	avoid	1
	WALL	-	avoid	avoid	avoid	1
Namur Lake (97-17-W4)	LKTR	4	2	1	0.5	no limit
North Saskatchewan River	GOLD	-	avoid	avoid	avoid	1
	NRPK	-	avoid	avoid	avoid	1
	SAUG	-	avoid	avoid	avoid	1
	WALL	-	avoid	avoid	avoid	1
Pine Coulee Reservoir (14-28-W4)	WALL	2	4	2	1	no Limit
	NRPK	3	5	2	1	no limit
Pine Lake (36-25-W4)	WALL	2	4	2	1	no limit

Pinehurst Lake (65-10-W4)	NRPK	3	avoid	avoid	avoid	4
	WALL	4	avoid	avoid	avoid	5
Pitchimi Lake (115-5-W5)	LKTR	10	avoid	avoid	avoid	4
Red Deer River (Downstream of Blindman R.)	NRPK	3	4	2	1	no Limit
	WALL	3	avoid	avoid	avoid	5
Richardson Lake	NRPK	9	4	2	1	no limit
	WALL	3	5	2	1	no limit
Rolling Hills Reservoir (16-14-W4)	NRPK	8	avoid	avoid	avoid	3
	WALL	6	avoid	avoid	avoid	3
South Saskatchewan River (Bindloss Ferry and Medicine Hat)	GOLD	1	avoid	avoid	avoid	5
	SAUG	1	avoid	avoid	avoid	4
	NRPK	3	4	2	1	no limit
	WALL	2	avoid	avoid	avoid	5
Sylvan Lake	WALL	1	6	2.5	1.5	no limit
Touchwood Lake (67-10-W4)	NRPK	10	avoid	avoid	avoid	4
	WALL	5	avoid	avoid	avoid	3
Twin Valley Reservoir (15-26-W4)	NRPK	2	avoid	avoid	avoid	5
Wabamun Lake (53-4-W5)	NRPK	7	3	1	0.5	no limit
Wabasca Lake (81-25-W4)	NRPK	9	4	2	1	no limit
	WALL	4	4	2	1	no limit
Whitefish Lake (62-13-W4)	NRPK	4	avoid	avoid	avoid	5
	WALL	4	avoid	avoid	avoid	4
Willow Creek (9-25-W4)	BURB	1	4	2	1	no Limit
	NRPK	2	4	2	1	no Limit
Wizard Lake	NRPK	2	6	2.5	1.5	no limit
Wolf Lake	NRPK	3	4	2	1	no limit
	WALL	2	avoid	avoid	avoid	5

Guide for Use of Food Consumption Advisory Information

1. Where may food consumption advisory information be found?

Fish consumption advisories

<http://mywildalberta.com/Fishing/SafetyProcedures/FishConsumptionAdvisory.aspx>

Wild game meat consumption advisories

<http://www.albertaregulations.ca/huntingregs/gamemanage.html>

2. What are the criteria for issuing food consumption advisories?

The criteria for issuing fish consumption advisories are

- a. If mercury levels are higher than 0.5 mg/kg (commercial fishing guideline), the advisory would be “avoid consuming fish”,
- b. If mercury levels are between 0.2 - 0.5 mg/kg (Health Canada recommendation for subsistence consumers), the advisory would provide “consumption limits”,
- c. If mercury levels are less than 0.2 mg/kg, advisory would not be issued,

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- d. If the fish sample size is less than 5 per location, advisory would not be issued, and
 - e. If the lakes are used for commercial fishing, advisories would not be issued until consulting with Canadian Food Inspection agency.

The criteria for issuing wild game meat consumption advisories are based on the guidelines proposed by national or international regulatory agencies such as Health Canada and World Health Organization.

3. How do you find locations of food consumption advisories?

The locations for issued fish consumption advisories are found under “Water Bodies” the table posted in website. If names of lakes, rivers and reservoirs are listed in the table “*Fish Species with Mercury Concentrations Less than 0.2 µg/g*”, there is no fish consumption advisory for these water bodies.

4. How do you find fish species and size?

The fish species are indicated under the “Species” in the table. Meanwhile, please check fish weight under the “Fish Size” in the table. If fish weighs less than the weight indicated in the table, there is no advisory against eating this size of fish.

5. How do you find meal size and frequency?

Please go to the “Consumption Limits”, the meal size and frequency indicated as “servings per week”. Check specific information on meal size and frequency for women, young children groups and adults.