

Recommended fish consumption limits In Alberta

Fish consumption advice information

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
 - GOLD=Goldeye
 - LKTR=Lake Trout
 - LKWH=Lake Whitefish
 - LNSC=Longnose Sucker
 - NRPK=Northern Pike
 - SAUG=Sauger
 - STRH=Shorthead Redhorse
 - WALL=Walleye

Note on advice issued in the 1990s

Advice with “- avoid, avoid, avoid, avoid” indicate the advice was issued in the 1990s and no mercury levels are available. When new fish samples from these locations are collected for mercury testing, the advice will be updated.

Note on lakes *without* advice

The absence of an advice in the table below does not indicate that the lake has been tested and shown to be safe. Information about lakes that have been shown to have low levels of mercury that do not require advice is available in the companion report available at:

<https://open.alberta.ca/publications/9781460143230>.

Additionally, information about specific fish from the lakes tested are included on Alberta’s “Should I Eat This Fish” App available for free on iTunes and the Google Play store.

Table: Fish consumption limits for Alberta waterbodies

Purple text denotes an addition to the table						
Blue 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	2	1	0.5	no limit
	WALL	2	avoid	avoid	avoid	3
Arm Lake	NRPK	2	3	1	0.5	no limit
Athabasca River (downstream Fort McMurray)	WALL	2	3	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
Berry Creek Reservoir	NRPK	3	5	2	1	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	avoid
	WALL	-	avoid	avoid	avoid	avoid
Brazeau Reservoir	NRPK	5	4	2	1	no limit
Brutus Lake	NRPK	3	3	1	0.5	no limit
	WALL	1	4	2	1	no limit
Burnstick Lake	NRPK	3	avoid	avoid	avoid	5
	WALL	5	avoid	avoid	avoid	3
Chain Lakes	NRPK	3	4	2	1	no limit
Chenal des Quatre Fourches	GOLD	1	4	2	1	no limit
	NRPK	6	5	2	1	no limit
	WALL	3	2	1	0.5	no limit
Chinchaga River	WALL	2	3	1	0.5	no limit
Christina Lake (76-6-W4)	NRPK	6	3	1	0.5	no limit
	WALL	4	3	1	0.5	no limit
Clear Lake	NRPK	4	avoid	avoid	avoid	4
	WALL	2	avoid	avoid	avoid	3
Clearwater River (NE Alberta)	WALL	2	4	2	1	no limit
Cowoki Reservoir (19-13-W4)	NRPK	8	avoid	avoid	avoid	5
Crawling Valley Reservoir (22-18-W4)	NRPK	3	3	1	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	avoid	avoid	avoid	3
	WALL	2	3	1	0.5	no limit
Eagle Lake	WALL	3	6	2.5	1.5	no limit
Edwards Lake (75-9-W4)	NRPK	-	avoid	avoid	avoid	avoid
Elinor Lake	NRPK	4	avoid	avoid	avoid	5

See more fisheries advisories: <https://mywildalberta.ca/fishing/advisories-corrections-closures/default.aspx>

©2019 Government of Alberta | Published: June 2019



Purple text denotes an addition to the table

Blue 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)
	WALL	4	avoid	avoid	avoid	4
Ethel Lake	NRPK	2	3	1	0.5	no limit
	WALL	2	3	1	0.5	no limit
Fork Lake	NRPK	3	6	2.5	1.5	no limit
Gods Lake	NRPK	6	avoid	avoid	avoid	6
	WALL	5	avoid	avoid	avoid	4
Goodfish Lake	NRPK	3	3	1	0.5	no limit
	WALL	3	4	2	1	no limit
Gull Lake	NRPK	6	3	1	0.5	no limit
	WALL	6	avoid	avoid	avoid	4
Helena Lake (66-11-W4)	NRPK	-	avoid	avoid	avoid	avoid
	WALL	-	avoid	avoid	avoid	avoid
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	avoid
	WALL	-	avoid	avoid	avoid	avoid
Isle Lake	WALL	3	6	2.5	1.5	no limit
Jackson Lake	WALL	2	6	2.5	1.5	no limit
Kehewin Lake	NRPK	4	3	1	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	7	4	2	1	no limit
	NRPK	5	5	2	1	no limit
	WALL	3	3	1	0.5	no limit
Lake Newell (17-15-W4)	NRPK	2	5	2	1	no limit
	WALL	3	3	1	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	3	1	0.5	no limit
Little Bow River (downstream of Twin Valley Res.)	NRPK	3	2	1	0.5	no limit
Little Bow River (upstream of Twin Valley Res.)	NRPK	3	5	2	1	no limit
Long Lake (63-19-W4)	NRPK	2	5	2	1	no limit
	WALL	3	3	1	0.5	no limit
Loon River	WALL	2	4	2	1	no limit
Marie Lake	NRPK	9	3	1	0.5	no limit
	WALL	3	5	2	1	no limit

See more fisheries advisories: <https://mywildalberta.ca/fishing/advisories-corrections-closures/default.aspx>

©2019 Government of Alberta | Published: June 2019



Purple text denotes an addition to the table

Blue 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)
May Lake	NRPK	2	4	2	1	no limit
	WALL	3	4	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	6	2.5	1.5	no limit
	WALL	3	3	1	0.5	no limit
Moose Lake (61-7-W4)	NRPK	5	4	2	1	no limit
	WALL	4	2	1	0.5	no limit
Muskwa Lake (82-5-W5)	NRPK	4	6	2.5	1.5	no limit
Namur Lake (97-17-W4)	LKTR	4	3	1	0.5	no limit
Net Lake	NRPK	2	3	1	0.5	no limit
	WALL	2	avoid	avoid	avoid	5
North Buck Lake	NRPK	3	4	2	1	no limit
North Saskatchewan River	GOLD	1	3	1	0.5	no limit
	MOON	1	4	2	1	no limit
	NRPK	-	avoid	avoid	avoid	avoid
	SAUG	2	avoid	avoid	avoid	4
	WALL	2	3	1	0.5	no limit
North Wabasca Lake	NRPK	9	4	2	1	no limit
	WALL	4	4	2	1	no limit
Orloff Lake	NRPK	4	4	2	1	no limit
Pine Coulee Reservoir (14-28-W4)	WALL	1	avoid	avoid	avoid	5
Pine Lake (36-25-W4)	NRPK	3	5	2	1	no limit
	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 (between downstream of Dickson Dam and downstream of Drumheller)	GOLD	1	3	1	0.5	no limit
	LNSC	3	6	2.5	1.5	no limit
	NRPK	4	avoid	avoid	avoid	6
	SAUG	1	avoid	avoid	avoid	5
	STRH	2	3	1	0.5	no limit
Richardson Lake	WALL	7	avoid	avoid	avoid	4
	NRPK	9	4	2	1	no limit
Rolling Hills Reservoir (16-14-W4)	WALL	3	5	2	1	no limit
	NRPK	8	avoid	avoid	avoid	3
Seibert Lake	WALL	6	avoid	avoid	avoid	3
	NRPK	10	4	2	1	no limit
Shiningbank Lake	WALL	2	5	2	1	no limit
	LKWH	2	6	2.5	1.5	no limit
	WALL	2	avoid	avoid	avoid	6
	GOLD	1	avoid	avoid	avoid	6

See more fisheries advisories: <https://mywildalberta.ca/fishing/advisories-corrections-closures/default.aspx>

©2019 Government of Alberta | Published: June 2019



Purple text denotes an addition to the table

Blue 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)
South Saskatchewan River (Bindloss Ferry and Medicine Hat)	NRPK	3	4	2	1	no limit
	SAUG	3	avoid	avoid	avoid	4
	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
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 Advice Information

1. Where may food consumption advice information be found?

- Fish consumption advice
<http://mywildalberta.com/Fishing/SafetyProcedures/FishConsumptionAdvisory.aspx>
- Wild game meat consumption advice
<http://www.albertaregulations.ca/huntingregs/gamemanage.html>

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

The criteria for issuing fish consumption advice are

- If mercury levels are higher than 0.5 mg/kg (commercial fishing guideline), the advice would be “avoid consuming fish”,
- If mercury levels are between 0.2 - 0.5 mg/kg (Health Canada recommendation for subsistence consumers), the advice would provide “consumption limits”,
- If mercury levels are less than 0.2 mg/kg, advice would not be issued,
- If the fish sample size is less than 5 per location, advice would not be issued, and
- If the lakes are used for commercial fishing, advice would not be issued until consulting with Canadian Food Inspection agency.

See more fisheries advisories: <https://mywildalberta.ca/fishing/advisories-corrections-closures/default.aspx>

©2019 Government of Alberta | Published: June 2019



The criteria for issuing wild game meat consumption advice 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 advice?

The locations for issued fish consumption advice 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 advice 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 advice 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.