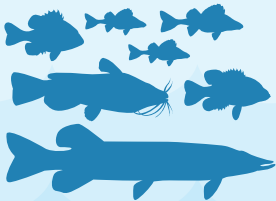


eat  
safe  
fish



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**TORONTO WATERFRONT**

## Know the 3 Cs: Choose, Clean, Cook!

Follow this advice to help you make decisions about eating the fish you catch

### Choose S.A.F.E.

- **S**mall fish
- **A**void larger fish, organs, skin
- **F**ollow the advice in the *Guide to Eating Ontario Fish*
- **E**at leaner species (walleye, perch, and panfish)

### Clean & Trim

Remove fillet, cut away skin and fat, and discard organs.

### Cook

Cook fish on a grill or a broiler pan (oven) so that fat drips away. If you deep-fry fish, do not reuse the oil.



**SAFE**

Safer choice  
(8+ meals/month)



**CAUTION**

Limit amount  
(1-4 meals/month)



**AVOID**

Do not eat  
(0 meals/month)



No information  
currently available

**General population:**

An average sized adult  
weighing 154 lbs.



**Sensitive population:**

Child-bearing women  
and children under 15.



One meal is about  
227 g or 8 oz (size  
of a dinner plate or  
two adult palms)



**8 oz**

for an average adult  
weighing 70 kg (154 lbs).



### GENERAL POPULATION



15-35 cm | 6-14 in



35-40 cm | 14-16 in



### SENSITIVE POPULATION



15-35 cm | 6-14 in



35-40 cm | 14-16 in

**BROWN BULLHEAD**



### GENERAL POPULATION



20-30 cm | 8-12 in



30-70 cm | 12-28 in



70+ cm | 28+ in



### SENSITIVE POPULATION



20-30 cm | 8-12 in



30-40 cm | 12-16 in



40+ cm | 16+ in

**BROWN TROUT**



### **GENERAL POPULATION**

---



35-75+ cm | 14-30+ in



### **SENSITIVE POPULATION**

---



35-40 cm | 14-16 in



40+ cm | 16+ in

*\*Historical Status\**

**CHINOOK SALMON**



### **GENERAL POPULATION**

---



35-40 cm | 14-16 in



40-75+ cm | 16-30+ in



### **SENSITIVE POPULATION**

---



DO NOT EAT ANY SIZE

**COMMON CARP**



### GENERAL POPULATION

---



15-45 cm | 6-18 in



45-50 cm | 18-20 in



### SENSITIVE POPULATION

---



15-40 cm | 6-16 in



35-45 cm | 14-18 in



45-50 cm | 18-20 in

**LARGEMOUTH BASS**



### GENERAL POPULATION

---



20-75+ cm | 8-30+ in



### SENSITIVE POPULATION

---



20-75 cm | 8-30 in



75+ cm | 30+ in

**NORTHERN PIKE**



### **GENERAL POPULATION**

---



20-40 cm | 8-16 in



40-50 cm | 16-20 in



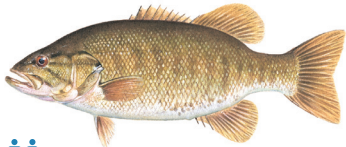
### **SENSITIVE POPULATION**

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DO NOT EAT ANY SIZE

**RAINBOW TROUT**



### **GENERAL POPULATION**

---



20-40 cm | 8-16 in



### **SENSITIVE POPULATION**

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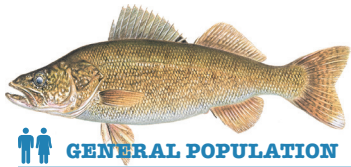


20-35 cm | 8-14 in



35-40 cm | 14-16 in

**SMALLMOUTH BASS**



### **GENERAL POPULATION**

---



55-65 cm | 22-26 in



65-75 cm | 26-30 in



### **SENSITIVE POPULATION**

---



55-60 cm | 22-24 in



60-75 cm | 24-30 in

**WALLEYE**



### **GENERAL POPULATION**

---



15-35 cm | 6-14 in



### **SENSITIVE POPULATION**

---



15-30 cm | 6-12 in



30-35 cm | 12-14 in

**YELLOW PERCH**



## **ACKNOWLEDGEMENTS**

Information based on the **Guide to Eating Ontario Fish** ([ontario.ca/fishguide](http://ontario.ca/fishguide)). Cards are for illustrative purposes only and were not endorsed by the government.

Fish illustrations provided by the Ontario Ministry of Environment, Conservation and Parks.

For more details, contact the Fish Contaminant Monitoring Program at **1-800-820-2716** or [fishguide@ontario.ca](mailto:fishguide@ontario.ca)

To learn more about the Toronto & Region Remedial Action Plan: [www.torontorap.ca](http://www.torontorap.ca)