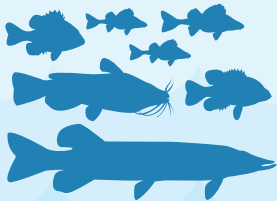


eat
safe
fish



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

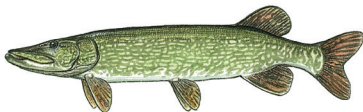


35-45 cm | 14-18 in



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

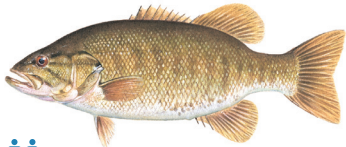


SENSITIVE POPULATION



DO NOT EAT ANY SIZE

RAINBOW TROUT



GENERAL POPULATION



20-40 cm | 8-16 in



SENSITIVE POPULATION

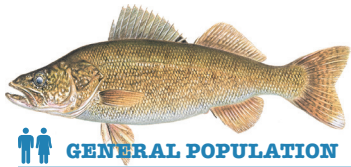


20-35 cm | 8-14 in



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). 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, Aquatic Habitat Toronto and Charles Weiss.

For more details, contact the Fish Contaminant Monitoring Program at **1-800-820-2716** or fishguide@ontario.ca

To learn more about the Toronto & Region Remedial Action Plan: www.torontorap.ca