

General Recommendations – Fish Consumption

Number of meals recommended according to the species and size of the fish caught in fresh water

Species	Small Size	Medium Size	Large Size
Lake whitefish (large)	No restriction (35–40 cm)	No restriction (40–45 cm)	No restriction (\geq 45 cm)
Ouananiche (landlocked Atlantic salmon)	No restriction (30–40 cm)	No restriction (40–50 cm)	4 meals/month (\geq 50 cm)
Brook trout (char)	No restriction (15–30 cm)	No restriction (30–40 cm)	4 meals/month (\geq 40 cm)
Smelt, freshwater	No restriction (15–20 cm)	No restriction (20–25 cm)	1 meal/month (\geq 25 cm)
Burbot (loacpoisson doré jaune)	4 meals/month (30–45 cm)	4 meals/month (45–60 cm)	2 meals/month (\geq 60 cm)
Walleye	4 meals/month (30–40 cm)	4 meals/month (40–50 cm)	1 meal/month (\geq 50 cm)
Lake trout	4 meals/month (45–55 cm)	2 meals/month (55–70 cm)	2 meals/month (\geq 70 cm)
Northern pike	4 meals/month (40–55 cm)	2 meals/month (55–70 cm)	1 meal/month (\geq 70 cm)

Recommended consumption may be doubled over a one-month period if predatory fish and commercially purchased tuna are avoided during the following month, or quadrupled if consumption is avoided during the next three months.

Young children, women planning a pregnancy, pregnant women, and breastfeeding women should avoid frequent consumption of species most likely to accumulate mercury. They should instead choose marine species and freshwater fish for which no consumption restrictions apply.

This table assumes that one serving contains 230 grams (8 ounces) of raw fish flesh prior to cooking. Your consumption limit must take into account all fish species consumed during the month.