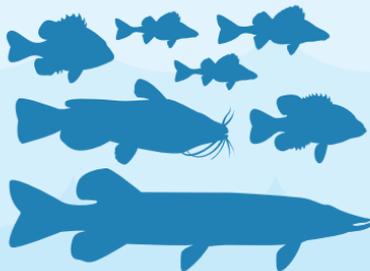
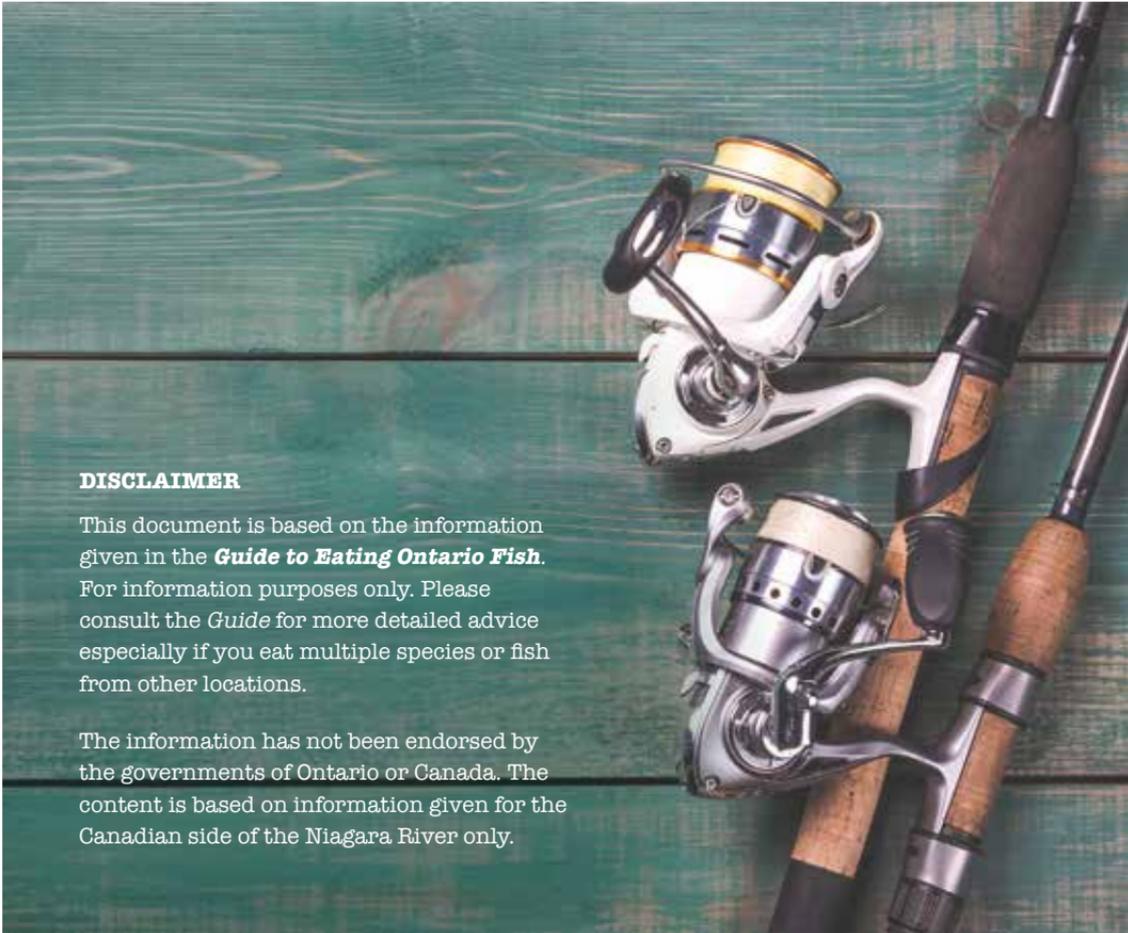


eat,
safe
fish



Get to know which fish from the
Niagara River are safe to eat.

ourniagarariver.ca/fish



DISCLAIMER

This document is based on the information given in the **Guide to Eating Ontario Fish**. For information purposes only. Please consult the *Guide* for more detailed advice especially if you eat multiple species or fish from other locations.

The information has not been endorsed by the governments of Ontario or Canada. The content is based on information given for the Canadian side of the Niagara River only.



Get to know which fish from the
Niagara River are safe to eat.

ourniagarariver.ca/fish

2019-2020



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FISH FOR HEALTH & FUN

Fishing is a fun way to get outdoors. Fish can be a nutritious part of a balanced diet. Eating fish provides an excellent source of protein, omega-3 fats, and other essential nutrients. However, depending on the type, size, and number of fish eaten, people may be at risk for eating harmful chemicals in the fish they eat.

The Niagara River's water quality has improved over the last 30 years but there are still some chemicals in water that can collect in fish such as mercury, polychlorinated biphenyls (PCBs), dioxins/furan, and photomirex.

Fish from Ontario lakes and rivers (including the Niagara River) are routinely collected and tested for these chemicals by the Government of Ontario. The data are used to advise the public on safe eating of fish through the **Guide to Eating Ontario Fish** (or *Guide*, for short).

A polluted fish may not taste, look, or smell different than a fish that is not polluted. The chemicals are too small to see with the human eye. That's why it's so important to follow the advice for choosing and eating fish. A full copy of the *Guide* can be found online at: ontario.ca/fishguide

This booklet is for the Ontario side of the Niagara River only. It is meant to provide an easy-to-understand summary of the advice given in the *Guide* so you can make the best choices to Eat Safe Fish from the Niagara River.

Refer to the *Guide* for more detailed information, especially if you eat different fishes or eat fish from other locations. Please follow Ontario's recreational fishing regulations (not provided in this document). The Niagara River is included in fisheries management zones 19 and 20, depending on where you are fishing. Fishing rules are found at: ontario.ca/fishing

Choose Wisely. Eat Safely.

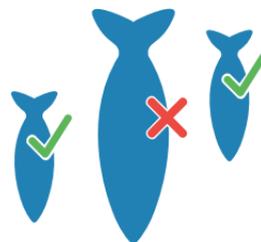
Some chemicals in the water can collect in fish and may pose a risk to your health. There are many ways to reduce your risk of consuming chemicals from the fish you catch:

- Choose leaner species such as walleye, perch, and panfish
- Eat smaller fish
- Avoid larger predatory fish and bottom feeders
- Remove fat and skin from fish before eating
- Do not eat organs

Some chemicals such as mercury and perfluorooctane sulfonate are found throughout the fish flesh. Other than limiting the fish you eat, there is nothing else you can do to reduce or remove these chemicals.

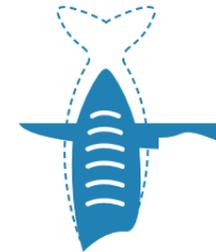


Know the 3 Cs: Choose, Clean, Cook!



Choose wisely

Smaller fish tend to have fewer chemicals. Some species have fewer chemicals based on their feeding habits and location (e.g., bass, walleye, perch, panfish).



Clean & Trim

Some chemicals like PCBs and dioxins collect in the fat of the fish. Cleaning and trimming the fat before cooking can reduce your risk of eating chemicals. Remove the fillet, cut away skin, trim any fat and throw away the organs.



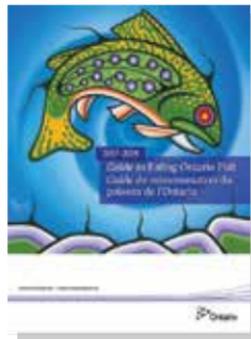
Cook

Even after trimming away visible fat, some fat can still be present inside the fillet. Cook fish on a grill, rack, or broiler pan in the oven so that fat drips away. If you deep-fry fish, do not reuse the oil.

How to use this booklet.

This booklet is meant to be a quick, easy-to-understand guide to choosing and eating safe fish from the Niagara River. Follow these simple steps with this guide to make sure you Eat Safe Fish.

1. Determine where you are fishing (upper or lower Niagara River).
2. Are you considered to be in the general or sensitive population?
3. Identify and measure your fish.
4. Refer to this booklet or check the **Guide to Eating Ontario Fish** to find out if the fish you caught is safe to eat.
5. Keep your catch on ice or in a refrigerator to avoid spoilage until it can be cooked or preserved.



The information provided is derived from advice given for the Niagara River in the **Guide to Eating Ontario Fish**. For more details or advice for other locations, visit ontario.ca/fishguide.

Key identification features.

Average Ontario size and weight.

Quick, colour-coded safety identifier.

Largemouth Bass

Micropterus salmoides

A warm-water fish native to Ontario.
Looks similar to Smallmouth and Rock Bass.

80-85 centimetres (10-32 inches)

0.7-1.8 kilograms (1.5-4 pounds)

Salt and sides are green to olive

8 to 11 dorsal fin spines

Upper jaw extends beyond eye

Medium sized, deep-bodied fish

Belly is yellow to white

Broken horizontal stripe along body

© MNR

GENERAL POPULATION		SENSITIVE POPULATION	
UPPER RIVER		UPPER RIVER	
	18-46 cm 6-18 in		18-35 cm 6-14 in
	45-60 cm 16-20 in		35-45 cm 14-18 in
LOWER RIVER		LOWER RIVER	
	20-35 cm 8-14 in		20-36 cm 8-14 in
	35-45 cm 14-18 in		35-40 cm 14-16 in
			40-48 cm 16-19 in

Specific advice on the number of meals per month for that fish of different sizes.

General vs Sensitive Populations.



General population refers to an average sized adult weighing 154 lbs.



Sensitive population refers to women of child-bearing age and children under age 15.

The advice for the sensitive population is more strict due to the increased health risks.

The size of the fish matters!



There is different advice given for different sizes of the same species. Use a measuring tape to check the size of your catch (from the tip of its nose to the tip of its tail).



What kind of fish did you catch?



Make sure you know what type of fish you caught to ensure you're making the best choices. Use this booklet to help identify your catch.

How much you eat matters.



4 oz

The advice in the **Guide to Eating Ontario Fish** is based on the amount of skinless, boneless fish eaten, measured by the number of meals eaten.



8 oz

One meal is about 227 g or 8 oz (size of a dinner plate or two adult palms) for an average adult weighing 70 kg (154 lbs).

What the colours mean.

To make choosing which Niagara River fish to eat easier, fish are categorized into three colours: red, yellow, and green based on how many meals per month are recommended in the **Guide to Eating Ontario Fish**. Don't forget that different sizes and species will have different coloured symbols!

 Safer choice
SAFE (8 or more meals per month)

 Caution, limit amount eaten
CAUTION (1-4 meals per month)

 Do not eat
AVOID (0 meals per month)

 No information currently available



Lake Ontario

Where you catch matters.

There is different advice for eating Niagara River fish depending on where you catch them. The Niagara River is divided into the Upper Niagara River (upstream of the Falls) or the Lower Niagara River (bottom of the Falls to Lake Ontario).

There is different advice given for different sizes of the same species. Use a measuring tape to check the size of your catch (from the tip of its nose to the tip of its tail).

Lower
Niagara
River

★ The Falls

Upper
Niagara
River

Lake Erie

Black Crappie

Promoxis nigromaculatus

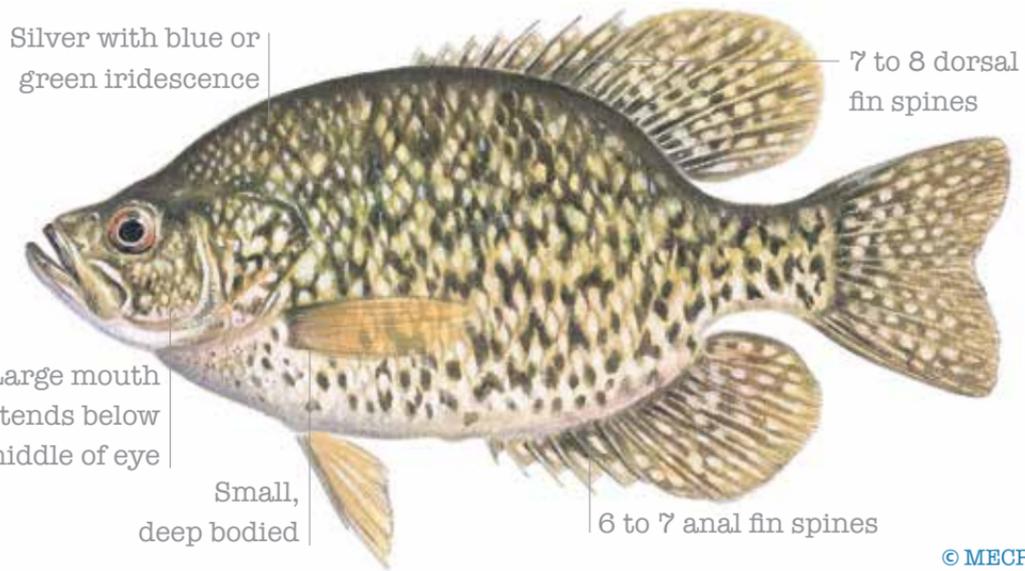
A cool-water fish native to Ontario.



18-25 centimetres
(7-10 inches)



0.23-0.45 kilograms
(0.5-1 pounds)



© MECP

 GENERAL POPULATION
UPPER RIVER
 No information currently available
LOWER RIVER
 15-25 cm 6-10 in

 SENSITIVE POPULATION
UPPER RIVER
 No information currently available
LOWER RIVER
 15-25 cm 6-10 in



Bluegill

Lepomis macrochirus

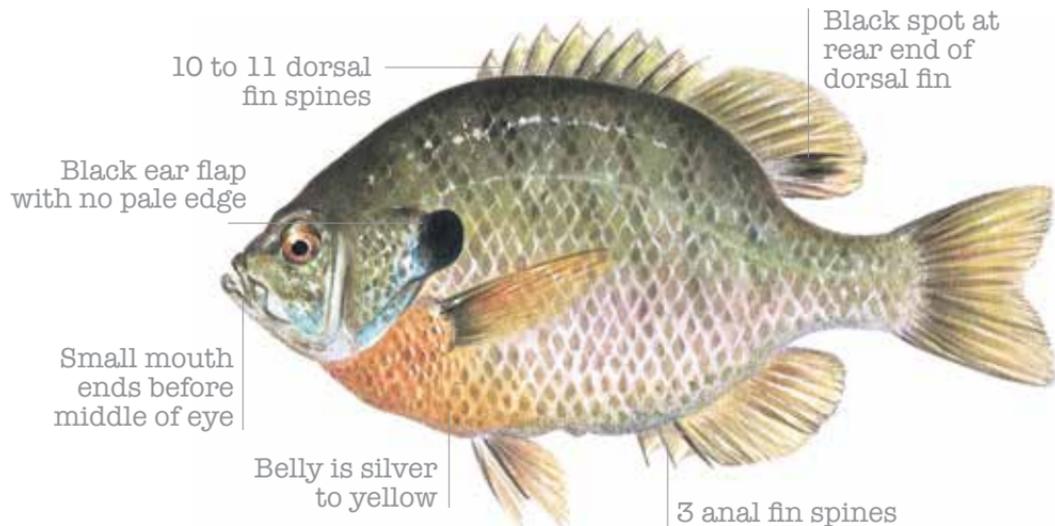
A warm-water fish native to Ontario.
Part of the sunfish family.



15-22.5 centimetres
(6-9 inches)



200 grams
(0.4 pounds)



© MECP



GENERAL POPULATION

UPPER RIVER



No information currently available

LOWER RIVER



15-20 cm | 6-8 in



SENSITIVE POPULATION

UPPER RIVER



No information currently available

LOWER RIVER



15-20 cm | 6-8 in



Brown Bullhead

Ameiurus nebulosis

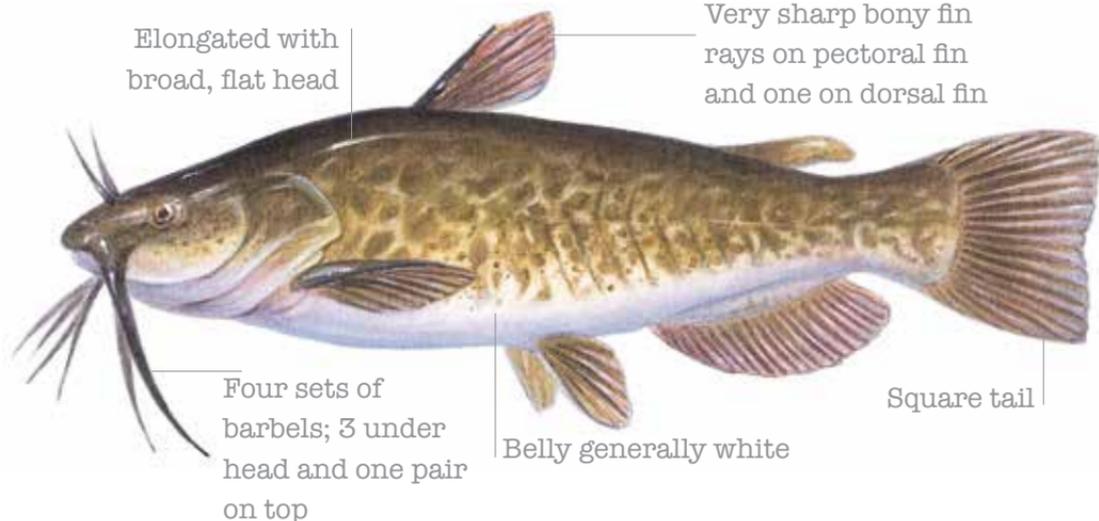
A warm-water fish native to Ontario.
Looks similar to catfish.



20-36 centimetres
(8-14 inches)



No information
currently available



© MECP



**GENERAL
POPULATION**

UPPER RIVER



15-35 cm | 6-14 in

LOWER RIVER



15-30 cm | 6-12 in



30-40 cm | 12-16 in



**SENSITIVE
POPULATION**

UPPER RIVER



15-35 cm | 6-14 in

LOWER RIVER



15-30 cm | 6-12 in



30-40 cm | 12-16 in



Brown Trout

Salmo trutta

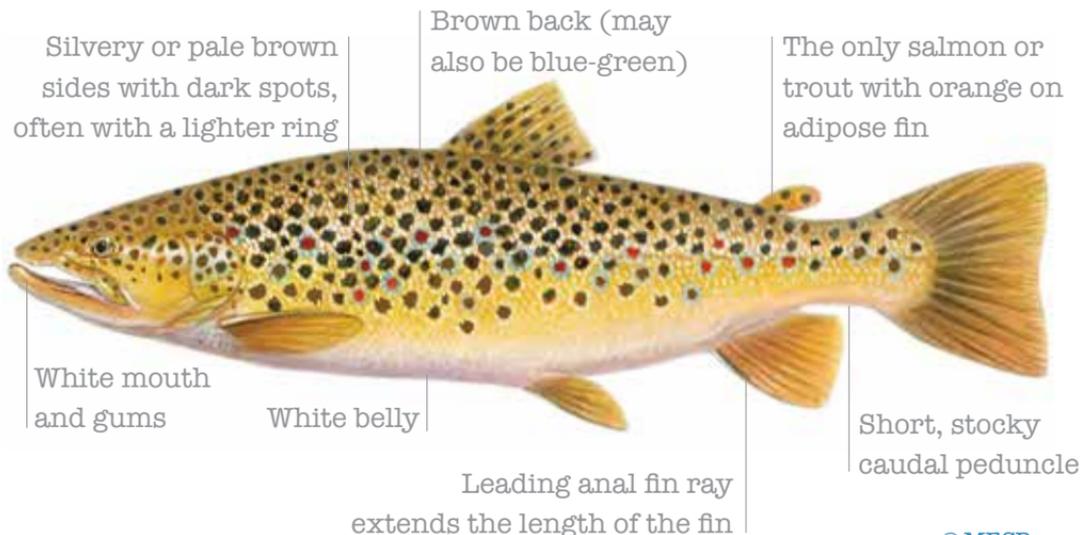
A cold-water fish introduced and naturalized in Ontario.



20-60 centimetres
(8-24 inches)



0.5-4.5 kilograms
(1-9.5 pounds)



© MECP



GENERAL POPULATION

UPPER RIVER

 30-35 cm | 12-14 in

LOWER RIVER

 **DO NOT EAT ANY SIZE**



SENSITIVE POPULATION

UPPER RIVER

 30-35 cm | 12-14 in

LOWER RIVER

 **DO NOT EAT ANY SIZE**



Channel Catfish

Ictalurus punctatus

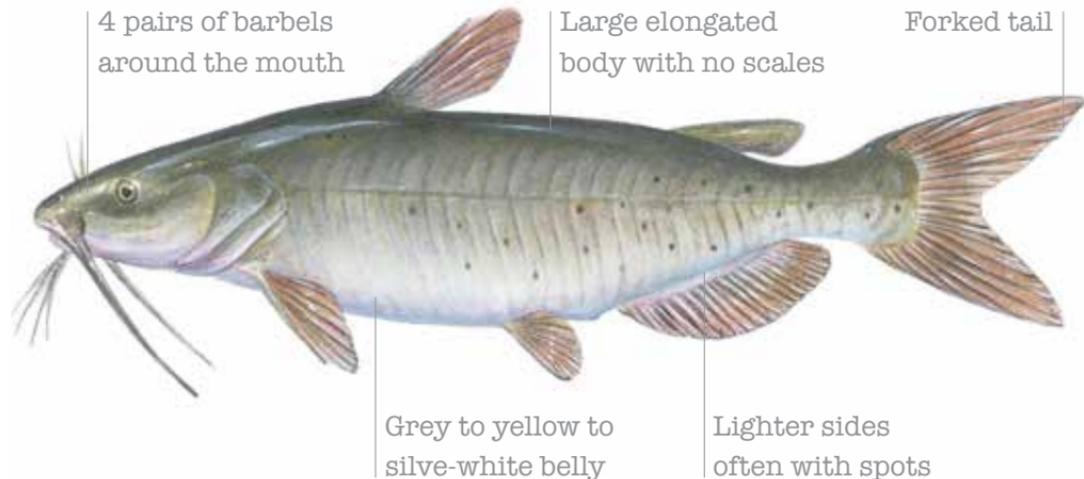
A warm-water fish native to Ontario.
Looks similar to Brown Bullhead.



36-53 centimetres
(14-21 inches)



0.9-1.8 kilograms
(2-4 pounds)



© MECP



**GENERAL
POPULATION**

UPPER RIVER



No information
currently available

LOWER RIVER



40-45 cm | 16-18 in



45-75 cm | 18-30 in



**SENSITIVE
POPULATION**

UPPER RIVER



No information
currently available

LOWER RIVER



**DO NOT EAT
ANY SIZE**



Chinook Salmon

Oncorhynchus tshawytscha

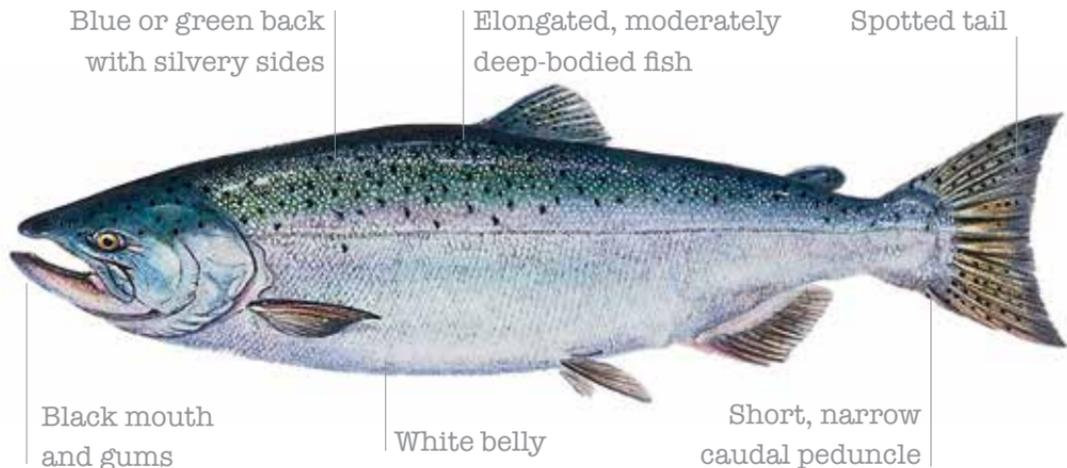
A cold-water fish that was introduced and naturalized in Ontario.



30-100 centimetres
(12-39 inches)



3.1-6.8 kilograms
(7-15 pounds)



© MECP



GENERAL POPULATION

UPPER RIVER



No information currently available

LOWER RIVER



45-75+ cm | 18-30+ in



SENSITIVE POPULATION

UPPER RIVER



No information currently available

LOWER RIVER



DO NOT EAT ANY SIZE



Coho Salmon

Oncorhynchus kisutch

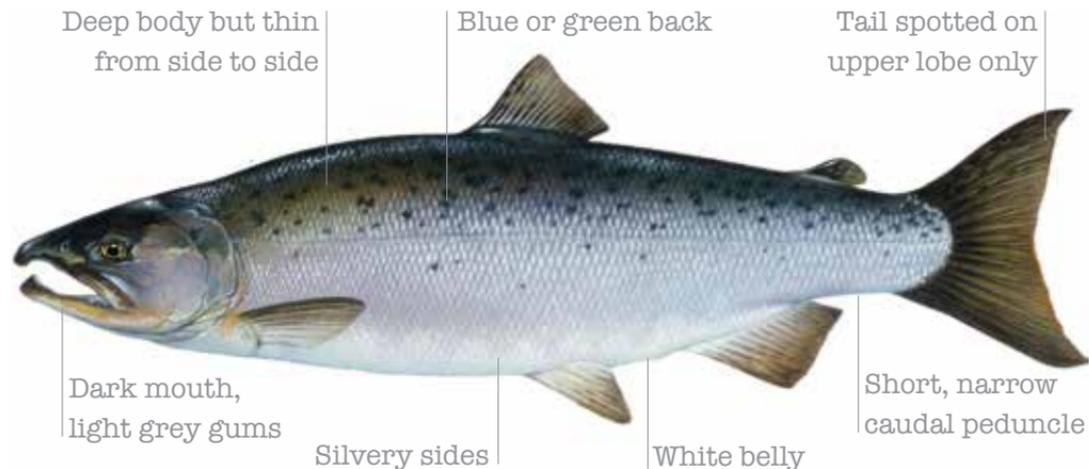
A cold-water fish that was introduced and naturalized in Ontario.



30-75 centimetres
(12-30 inches)



2.25-4.5 kilograms
(5-10 pounds)



© Tim Knepp



**GENERAL
POPULATION**

UPPER RIVER



No information
currently available

LOWER RIVER



40-55 cm | 16-22 in



> 55 cm | > 22 in



**SENSITIVE
POPULATION**

UPPER RIVER



No information
currently available

LOWER RIVER



**DO NOT EAT
ANY SIZE**



Common Carp

Cyprinus carpio

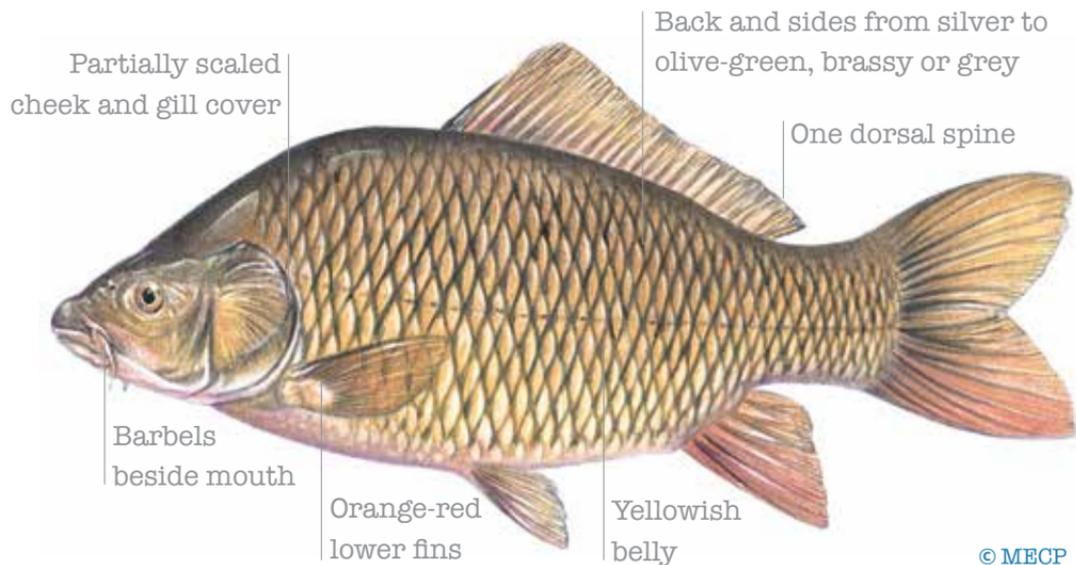
A warm-water fish introduced to Ontario.
Looks similar to Freshwater Drum.



30-75 centimetres
(12-30 inches)



2.25-4.5 kilograms
(5-10 pounds)



GENERAL POPULATION

UPPER RIVER

- 20-45 cm | 8-18 in
- 45-75+ cm | 18-30+ in

LOWER RIVER

- 40-45 cm | 16-18 in
- 45-75 cm | 18-30 in
- > 75 cm | > 30 in



SENSITIVE POPULATION

UPPER RIVER

- 20-45 cm | 8-18 in
- 45-75+ cm | 18-30+ in

LOWER RIVER

- 40-45 cm | 16-18 in
- 45-60 cm | 18-24 in
- > 60 cm | > 24 in



Freshwater Drum

Aplodinotus grunniens

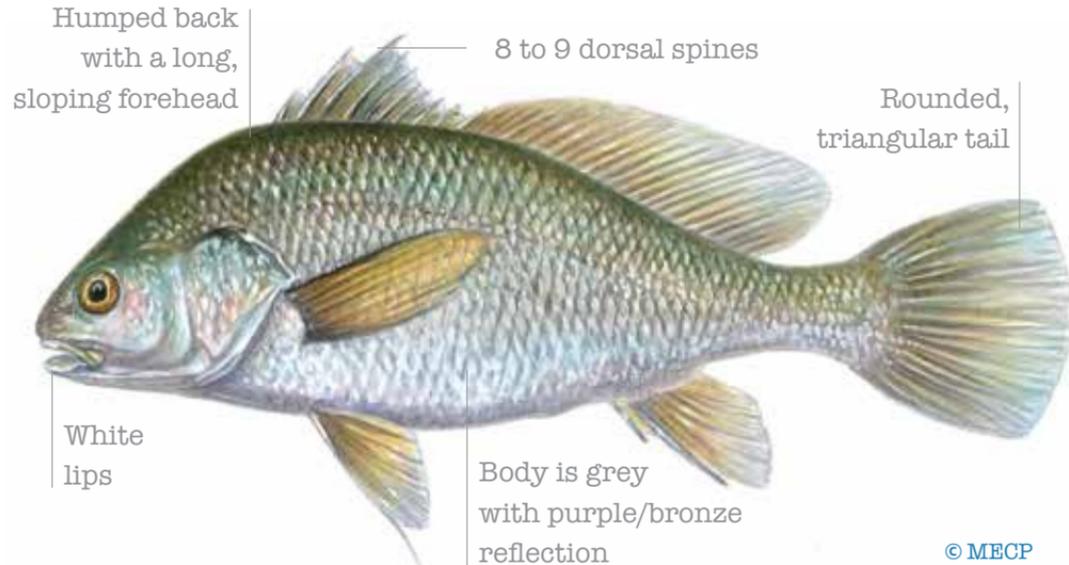
A cool-water fish native to Ontario.
Other common name is Sheepshead.



45-50 centimetres
(18-20 inches)



2.3-6.8 kilograms
(5-15 pounds)



© MECP



GENERAL POPULATION

UPPER RIVER

 25-30 cm | 10-12 in

 30-55 cm | 12-22 in

LOWER RIVER

 15-55 cm | 6-22 in



SENSITIVE POPULATION

UPPER RIVER

 25-30 cm | 10-12 in

 30-50 cm | 12-20 in

 50-55 cm | 20-22 in

LOWER RIVER

 15-40 cm | 6-16 in

 40-55 cm | 16-22 in



Lake Trout

Salvelinus namaycush

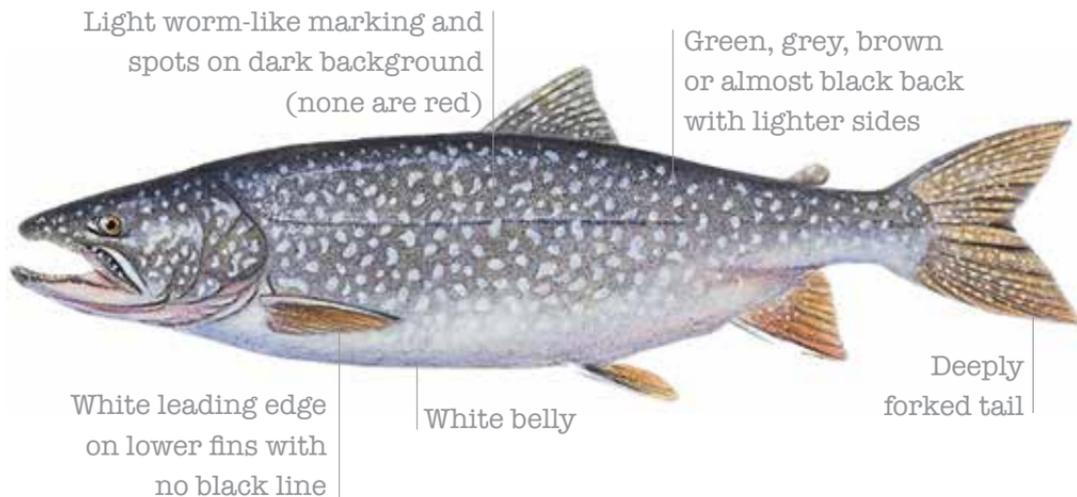
A cold-water fish native to Ontario.
Similar to Brook Trout and Splake.



30-80 centimetres
(12-31 inches)



1-5 kilograms
(2-10 pounds)



© MECP



**GENERAL
POPULATION**

UPPER RIVER



No information currently available

LOWER RIVER



55-65 cm | 22-26 in



> 65 cm | > 26 in



**SENSITIVE
POPULATION**

UPPER RIVER



No information currently available

LOWER RIVER



**DO NOT EAT
ANY SIZE**



Largemouth Bass

Micropterus salmoides

A warm-water fish native to Ontario.

Looks similar to Smallmouth and Rock Bass.



25-55 centimetres
(10-22 inches)



0.7-1.8 kilograms
(1.5-4 pounds)



© MECP



GENERAL POPULATION

UPPER RIVER

 15-45 cm | 6-18 in

 45-50 cm | 18-20 in

LOWER RIVER

 20-35 cm | 8-14 in

 35-45 cm | 14-18 in



SENSITIVE POPULATION

UPPER RIVER

 15-35 cm | 6-14 in

 35-45 cm | 14-18 in

 45-50 cm | 18-20 in

LOWER RIVER

 20-35 cm | 8-14 in

 35-40 cm | 14-16 in

 40-45 cm | 16-18 in



Northern Pike

Esox lucius

A cool-water fish native to Ontario. Also known as pike, northern, or jackfish.



45-75 centimetres
(18-30 inches)



0.9-4.3 kilograms
(2-9.5 pounds)



© U.S Fish & Wildlife Service



GENERAL POPULATION

UPPER RIVER

 25-75+ cm | 10-30+ in

LOWER RIVER

 50-75+ cm | 20-30 in



SENSITIVE POPULATION

UPPER RIVER

 25-60 cm | 10-24 in

 60-75+ cm | 24-30 in

LOWER RIVER

 50-75 cm | 20-30 in

 > 75 cm | > 30 in



Pumpkinseed

Lepomis gibbosus

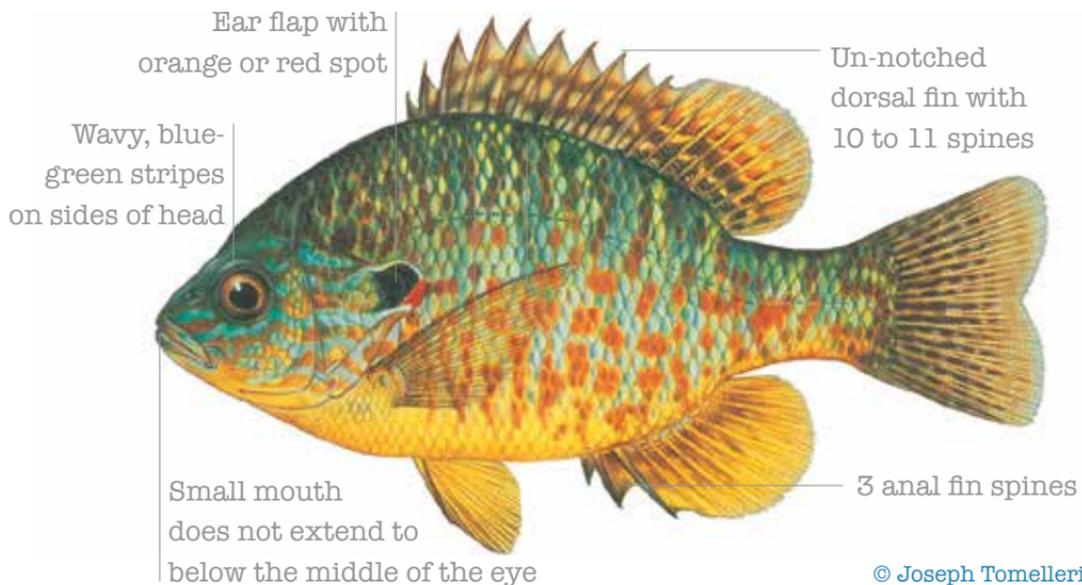
A warm-water fish native to Ontario.
Also known as sunfish, and pond perch.



18-23 centimetres
(7-9 inches)



0.2 kilograms
(0.4 pounds)



GENERAL POPULATION

UPPER RIVER



15-20 cm | 6-8 in

LOWER RIVER



No information currently available



SENSITIVE POPULATION

UPPER RIVER



15-20 cm | 6-8 in

LOWER RIVER



No information currently available



Rainbow Smelt

Osmerus mordax

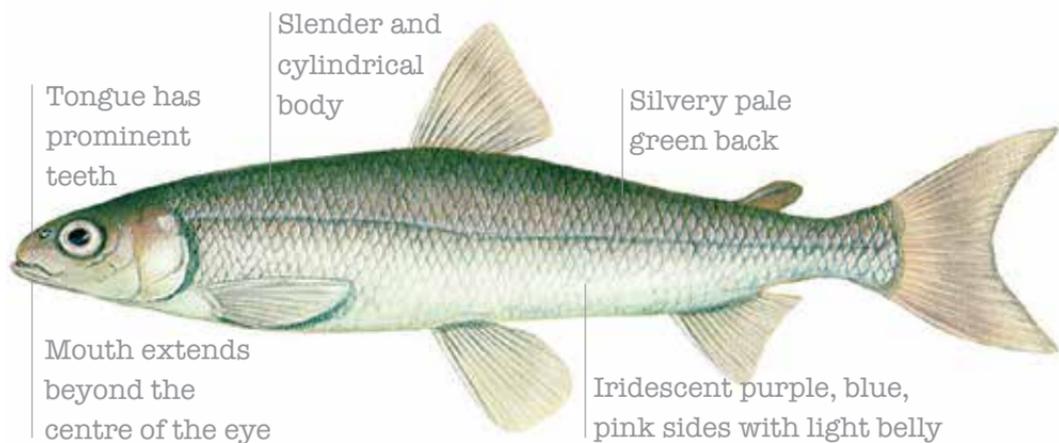
A cold-water fish native to Ontario.



7.5-25 centimetres
(3-10 inches)



0.2 kilograms
(0.4 pounds)



© Carlyn Iverson



**GENERAL
POPULATION**

UPPER RIVER



15-20 cm | 6-8 in

LOWER RIVER



15-20 cm | 6-8 in



**SENSITIVE
POPULATION**

UPPER RIVER



DO NOT EAT
ANY SIZE

LOWER RIVER



DO NOT EAT
ANY SIZE



Rainbow Trout

Oncorhynchus mykiss

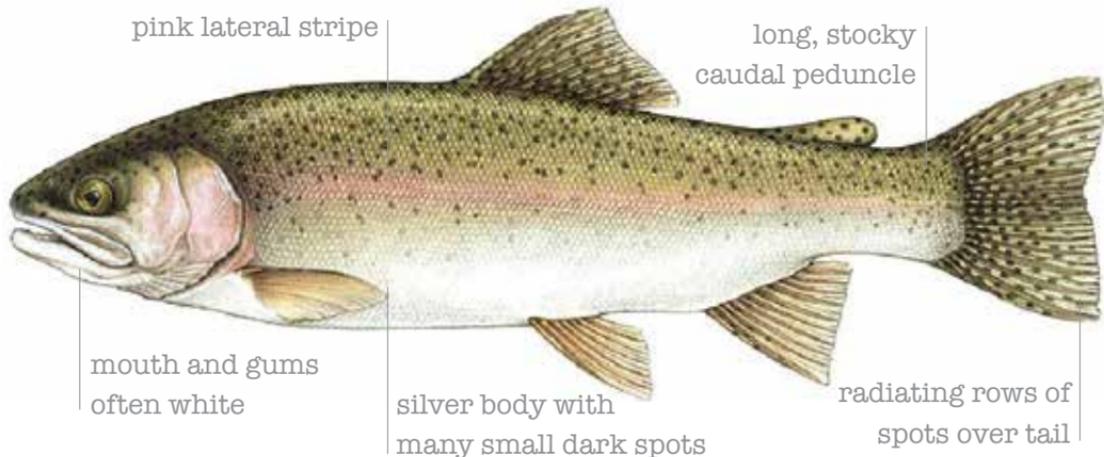
A cold-water fish that was introduced and naturalized in Ontario.



20-60 centimetres
(8-24 inches)



0.5-6.8 kilograms
(1-15 pounds)



© MECP



GENERAL POPULATION

UPPER RIVER



30-35 cm | 12-14 in



35-70 cm | 14-28 in

LOWER RIVER



45-70 cm | 18-28 in



> 70 cm | > 28 in



SENSITIVE POPULATION

UPPER RIVER



30-35 cm | 12-14 in



35-50 cm | 14-20 in



50-70 cm | 20-28 in

LOWER RIVER



DO NOT EAT
ANY SIZE



Redhorse Sucker

Moxostoma carinatum

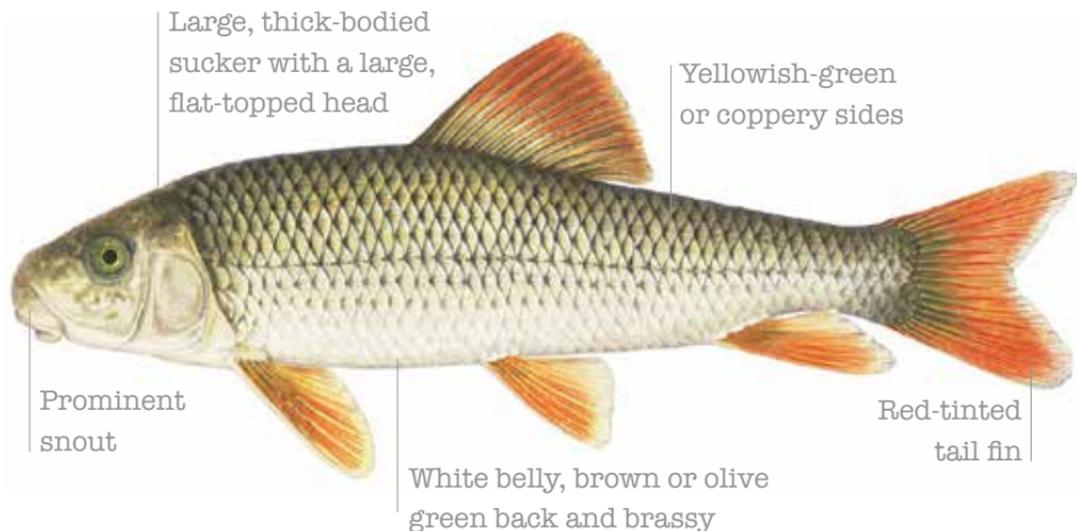
A species of “Special Concern” in Ontario (may become threatened or endangered).



50-70 centimetres
(20-30 inches)



1.4 - 3 kilograms
(3-7 pounds)



© MECP



GENERAL POPULATION

UPPER RIVER

 15-45 cm | 6-18 in

 45-70 cm | 18-28 in

LOWER RIVER

 30-45 cm | 12-18 in

 45-70 cm | 18-28 in



SENSITIVE POPULATION

UPPER RIVER

 15-45 cm | 6-18 in

 45-55 cm | 18-22 in

 55-70 cm | 22-28 in

LOWER RIVER

 30-45 cm | 12-18 in

 45-55 cm | 18-22 in

 55-70 cm | 22-28 in



Rock Bass

Ambloplites rupestris

A cool-water fish native to Ontario. Also known as sunfish, redeye, or rock perch.



15-20 centimetres
(6-8 inches)



0.2 kilograms
(0.4 pounds)

Back and upper sides are brown to olive, with golden tints, often with dark saddles

Dorsal fin has 10 to 13 spines

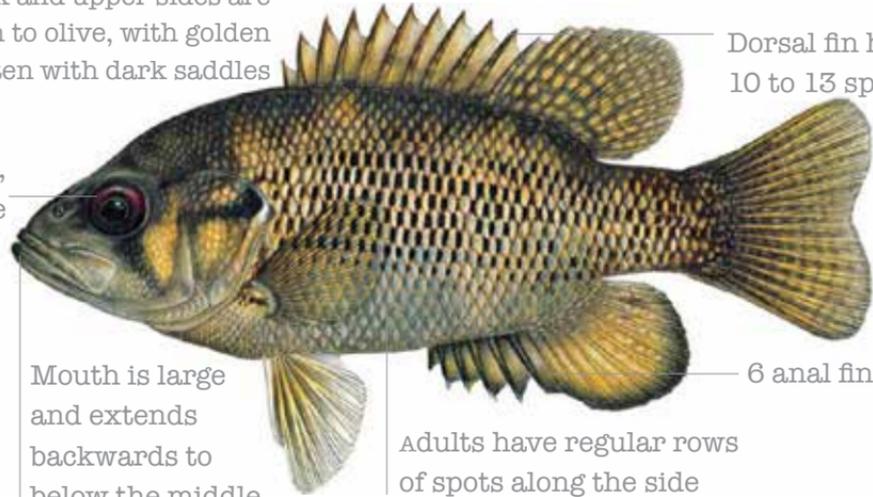
Large, red eye

Mouth is large and extends backwards to below the middle of the eye

6 anal fin spines

Adults have regular rows of spots along the side

© Joseph Tomelleri



GENERAL POPULATION



SENSITIVE POPULATION

UPPER RIVER



15-25 cm | 6-10 in



15-25 cm | 6-10 in

LOWER RIVER



15-30 cm | 6-12 in



15-25 cm | 6-10 in



25-30 cm | 10-12 in



Smallmouth Bass

Micropterus dolomieu

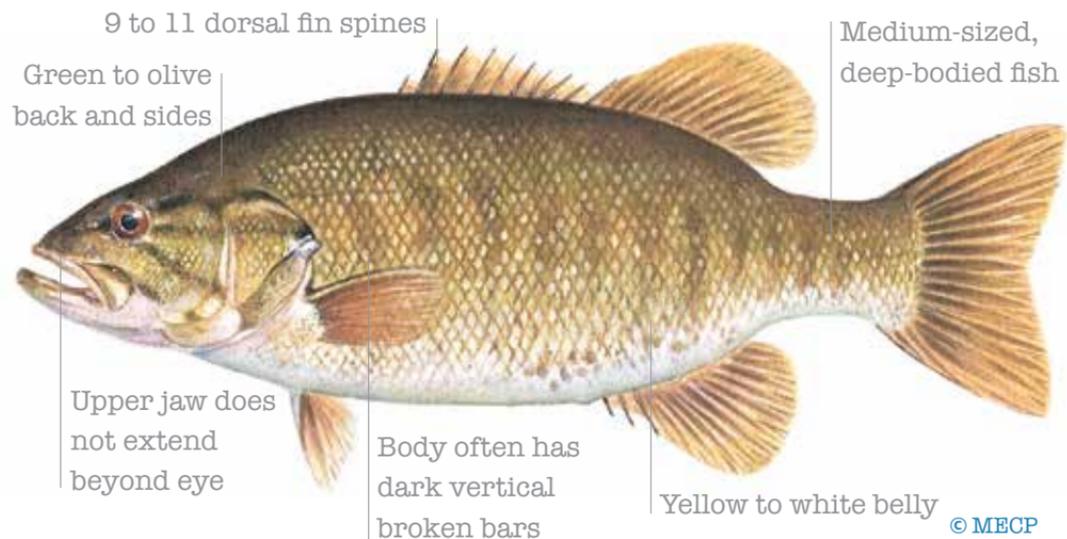
A warm-water fish native to Ontario. Also known as smallie, brownie and brown bass.



25-50 centimetres
(10-20 inches)



0.5-1.6 kilograms
(1-3.5 pounds)



GENERAL POPULATION

UPPER RIVER



15-45 cm | 6-18 in



45-50 cm | 18-20 in

LOWER RIVER



20-30 cm | 8-12 in



30-50 cm | 12-20 in



SENSITIVE POPULATION

UPPER RIVER



15-35 cm | 6-14 in



35-50 cm | 14-20 in

LOWER RIVER



20-30 cm | 8-12 in



30-40 cm | 12-16 in



40-50 cm | 16-20 in



Walleye

Sander vitreus

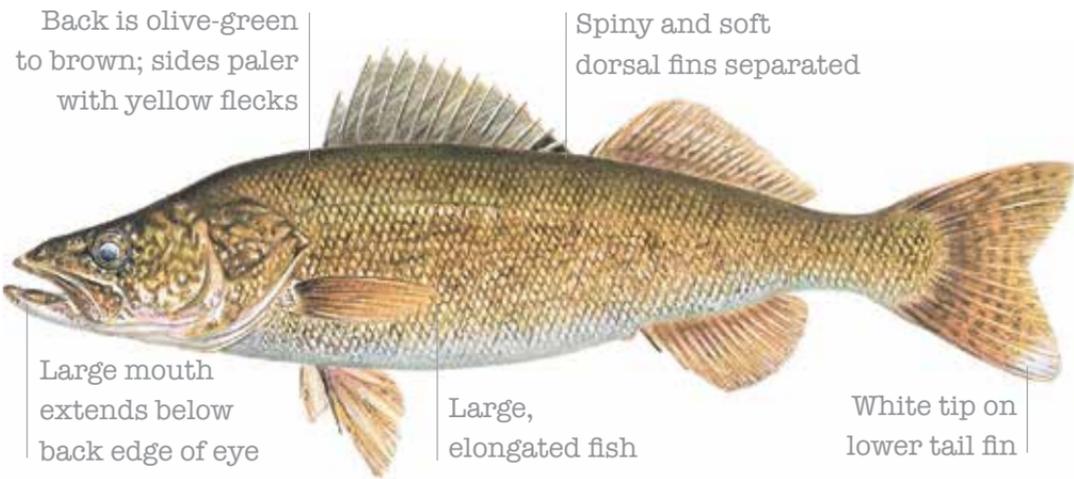
A cool-water fish native to Ontario.
Also known as pickerel or yellow pickerel.



35-58 centimetres
(14-23 inches)



0.68-1.36 kilograms
(1.5-3 pounds)



© MECP



GENERAL POPULATION



SENSITIVE POPULATION

UPPER RIVER

UPPER RIVER



No information currently available



No information currently available

LOWER RIVER

LOWER RIVER



30-50 cm | 12-20 in



30-45 cm | 12-18 in



50-65 cm | 20-26 in



45-60 cm | 18-24 in



60-65 cm | 24-26 in



White Bass

Morone chrysops

A warm-water fish native to Ontario.
Also known as Silver Bass.

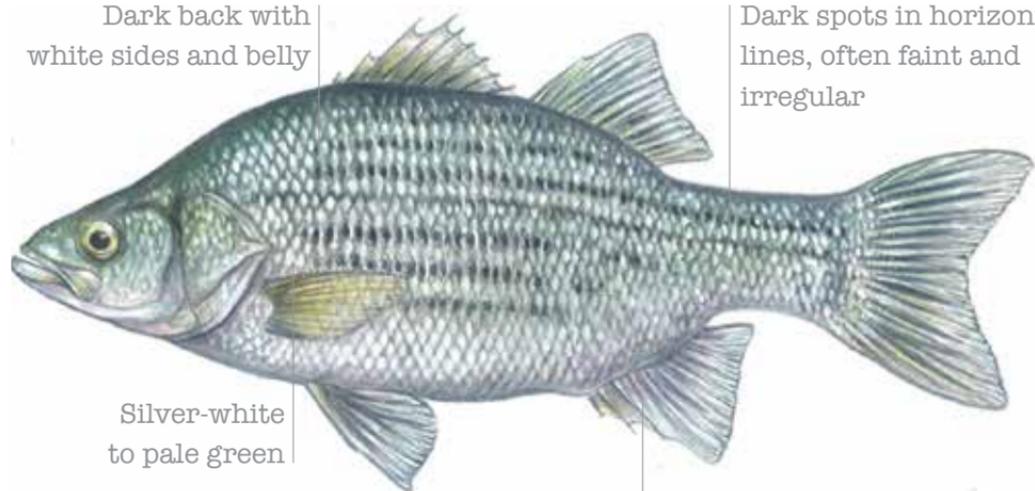


20-30 centimetres
(8-12 inches)



No information
currently available

Dark back with
white sides and belly



Dark spots in horizontal
lines, often faint and
irregular

Silver-white
to pale green

Second anal spine
distinctly shorter than third

© MECP



**GENERAL
POPULATION**



**SENSITIVE
POPULATION**

UPPER RIVER



30-40 cm | 12-16 in



30-40 cm | 12-16 in

LOWER RIVER



20-30 cm | 8-12 in



30-35 cm | 12-14 in

LOWER RIVER



**DO NOT EAT
ANY SIZE**



White Perch

Morone chrysops

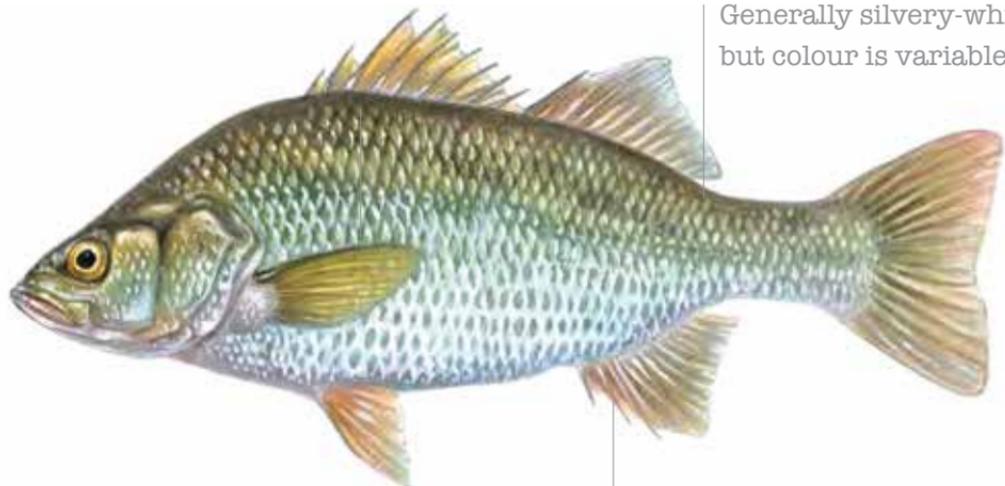
A warm-water fish native to Ontario.
Incorrectly called Silver Bass.



15-25 centimetres
(6-10 inches)



No information
currently available



Generally silvery-white
but colour is variable

Second and third anal spine
roughly equal in length

© MECP



**GENERAL
POPULATION**

UPPER RIVER



15-30 cm | 6-12 in



30-35 cm | 12-14 in

LOWER RIVER



DO NOT EAT
ANY SIZE



**SENSITIVE
POPULATION**

UPPER RIVER



15-30 cm | 6-12 in



30-35 cm | 12-14 in

LOWER RIVER



DO NOT EAT
ANY SIZE



White Sucker

Catostomus commersonii

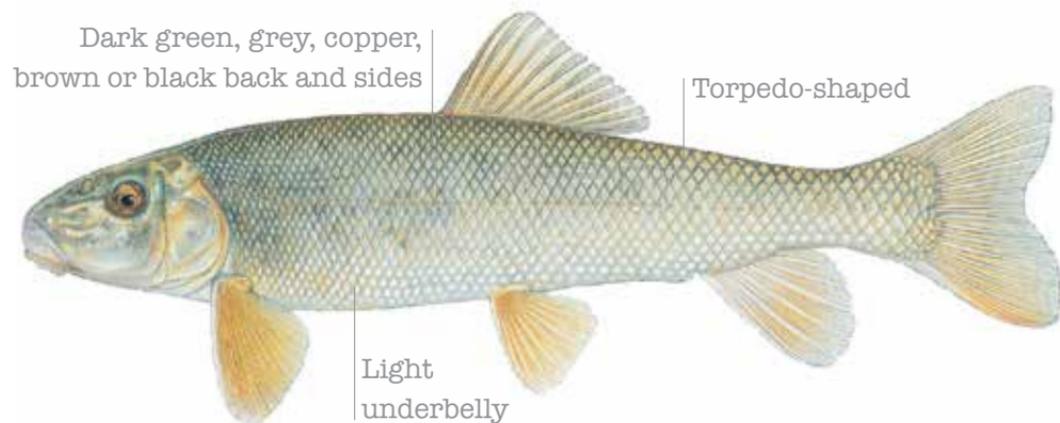
A cool-water fish native to Ontario.
Also known as a sucker, mullet, bay fish.



30-50 centimetres
(12-20 inches)



No information
currently available



© Joseph Tomelleri



**GENERAL
POPULATION**

UPPER RIVER

 15-45 cm | 6-18 in

 45-50 cm | 18-20 in

LOWER RIVER

 25-50 cm | 10-20 in

 50-55 cm | 20-22 in



**SENSITIVE
POPULATION**

UPPER RIVER

 15-45 cm | 6-18 in

 45-50 cm | 18-20 in

LOWER RIVER

 25-30 cm | 10-12 in

 30-55 cm | 12-20 in



Yellow Perch

Perca flavescens

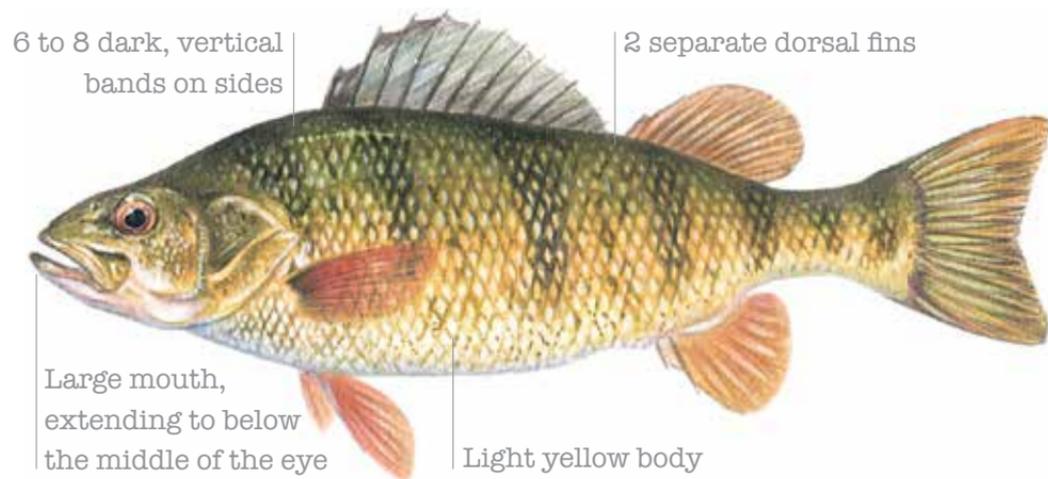
A cool-water fish native to Ontario. Also known as a lake perch or American perch.



15-30 centimetres
(6-12 inches)



0.35 kilograms
(0.75 pounds)



© MECP



**GENERAL
POPULATION**

UPPER RIVER



15-35 cm | 6-14 in

LOWER RIVER



15-30 cm | 6-12 in



**SENSITIVE
POPULATION**

UPPER RIVER



15-35 cm | 6-14 in

LOWER RIVER



15-30 cm | 6-12 in



Additional Information

Fishing Rules & Regulations: www.ontario.ca/fishing
Guide to Eating Ontario Fish: www.ontario.ca/fishguide
Health Canada: www.hc-sc.gc.ca

If you have any questions about the amount of fish that is safe to eat, contact the Fish Contaminant Monitoring Program at **1-800-820-2716 (416-327-6816)** or fishguide@ontario.ca.

To report pollution or a large number of dead fish, call Ontario's Spills Action Centre at **1-800-268-6060**.

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