

Indiana Statewide Safe Eating Guidelines – General Population (Females over 50, Males 15 and over)



January 23, 2026

Unlimited consumption (4.5 meals/week):

Silver Carp	<25 inches
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1 meal per week:

Buffalo Species	All Sizes
Bullhead Species	All Sizes
Carp sucker Species	All Sizes
Channel Catfish	All Sizes
Common Carp	All Sizes
Crappie Species	All Sizes
Flathead Catfish	<29 inches
All Black Bass (Largemouth, Smallmouth, and Spotted)	All Sizes
Redhorse Species	All Sizes
Rock Bass	All Sizes
Silver Carp	>25 inches
Striped Bass/White Bass or Wiper	All Sizes
Sunfish Species	All Sizes
Walleye/saugeye	All Sizes

1 meal per month:

Flathead Catfish	29 to 39 inches
Freshwater Drum	All Sizes
Sauger	All Sizes

6 meals per year:

Flathead Catfish	39 to 44 inches
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Do Not Consume:

Flathead Catfish	>44 inches
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**More restrictive consumption advice should be consulted in the site-specific listings provided in the map at the following address:

<https://isdh.maps.arcgis.com/apps/webappviewer/index.html?id=14c766641b354e1c84df0eed251bdc91>

