

# 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

## 1 meal per week:

Buffalo Species All Sizes

Bullhead Species All Sizes

Carpsucker 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

## Do Not Consume:

Flathead Catfish >44 inches

\*\*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>



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