

Indiana Statewide Safe Eating Guidelines – Sensitive Population (Females under 50, Males under 15)



January 23, 2026

Unlimited consumption (4.5 meals/week):

No unlimited consumption

1 meal per week:

Bullhead Species

All Sizes

Carpsucker Species

<15 inches

Channel Catfish

All Sizes

Common Carp

All Sizes

Crappie Species

All Sizes

Largemouth Bass

<13 inches

Redhorse Species

<19 inches

Rock Bass

All Sizes

Silver Carp

All Sizes

Smallmouth Bass

<12 inches

Striped Bass/White Bass or

Wiper

<13 inches

Sunfish Species

All Sizes

Walleye/saugeye

1 meal per month:

Buffalo Species

All Sizes

Carpsucker Species

>15 inches

Flathead Catfish

<39 inches

Freshwater Drum

All Sizes

Largemouth Bass

>13 inches

Redhorse Species

>19 inches

Sauger

<23 inches

Smallmouth Bass

>12 inches

Spotted Bass

All Sizes

Striped Bass/White Bass or

Wiper

>13 inches

Walleye/saugeye

>17 inches

6 meals per year:

Flathead Catfish

39 to 44 inches

Do Not Consume:

Flathead Catfish

>44 inches

Sauger

>23 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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