

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
Carp sucker 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	<17 inches

1 meal per month:

Buffalo Species	All Sizes
Carp sucker 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
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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>

