Indiana Statewide Safe Eating Guidelines
Advice for Males 15 and Over, and Females Over 50

<table>
<thead>
<tr>
<th>Unlimited Consumption</th>
<th>Est. 4.5 meals/wk:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullhead Species</td>
<td>&lt;13 inches</td>
</tr>
<tr>
<td>Crappie Species</td>
<td>All Sizes</td>
</tr>
<tr>
<td>Freshwater Drum</td>
<td>&lt;13 inches</td>
</tr>
<tr>
<td>Redhorse Species</td>
<td>&lt;15 inches</td>
</tr>
<tr>
<td>Rock Bass</td>
<td>&lt;7 inches</td>
</tr>
<tr>
<td>Silver Carp</td>
<td>&lt;24 inches</td>
</tr>
<tr>
<td>Sunfish Species</td>
<td>All Sizes</td>
</tr>
<tr>
<td>Walleye</td>
<td>&lt;16 inches</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>One Meal per Week:</th>
</tr>
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<tbody>
<tr>
<td>Black Bass - Largemouth, Smallmouth, Spotted</td>
</tr>
<tr>
<td>Buffalo Species</td>
</tr>
<tr>
<td>Bullhead Species</td>
</tr>
<tr>
<td>Carpsucker Species</td>
</tr>
<tr>
<td>Common Carp</td>
</tr>
<tr>
<td>Channel Catfish</td>
</tr>
<tr>
<td>Flathead Catfish</td>
</tr>
<tr>
<td>Freshwater Drum</td>
</tr>
<tr>
<td>Northern Pike</td>
</tr>
<tr>
<td>Redhorse Species</td>
</tr>
<tr>
<td>Rock Bass</td>
</tr>
<tr>
<td>Sauger</td>
</tr>
<tr>
<td>Silver Carp</td>
</tr>
<tr>
<td>Walleye</td>
</tr>
<tr>
<td>White, Striped, or Hybrid Striped Bass</td>
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<table>
<thead>
<tr>
<th>One Meal per Month:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buffalo Species</td>
</tr>
<tr>
<td>Carpsucker Species</td>
</tr>
<tr>
<td>Channel Catfish</td>
</tr>
<tr>
<td>Common Carp</td>
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<td>Flathead Catfish</td>
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<th>Six Meals per Year:</th>
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<tbody>
<tr>
<td>Common Carp</td>
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</table>

**More restrictive consumption advice should be consulted in the site specific listings provided in the map at the following address:**

https://www.in.gov/isdh/23650.htm

Rev. 201109 atp