

Catch the Latest Advice

health.ny.gov/fish

Western Region

Health Advice on Eating Fish You Catch



Advice by Fish!
Don't Skip *How to*
Use this Guide
on page 2.

Including Cattaraugus, Chautauqua, Erie, Genesee,
Niagara, Orleans, and Wyoming counties.

Fishing is a fun, healthy activity for the whole family and fish are a great choice for a healthy diet. However, some fish also contain chemicals at levels that can be harmful. This guide can help you make healthier choices about eating the fish you catch. There is different advice based on who you are, where you fish, what you catch, and how much fish you eat.

How to Use This Guide







By Fish:







- 1 Catch a fish!
- 2 Using the "Advice by Fish" below, find the advice for your fish.




















By Water:

- 1 Check for specific advisories by water using the list on page 31.
- 2 If the water or fish isn't listed, follow the statewide advice on page 30 for freshwater fish..

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Don't see your fish?

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Understanding the Advice

Who you are



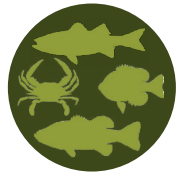
People who can become pregnant (under age 50) and children under age 15 should eat less fish. They are the **Sensitive Population** in our advice tables.

Chemicals in fish can have a greater effect on childhood development and babies. Many of these chemicals can stay in the body for decades. People who eat highly contaminated fish and become pregnant may be at a higher risk of having children who are slower to develop and learn. Some chemicals also can be passed on to a child in breast milk.



Everyone else may have fewer health risks from eating fish. They are the **General Population** in our advice tables.

What you catch



Each fish has specific advice for how much to eat. Some fish species have higher levels of chemicals than others, even if they are caught in the same waters. Smaller fish usually have lower levels of mercury and polychlorinated biphenyls (PCBs) than larger, older fish of the same species.

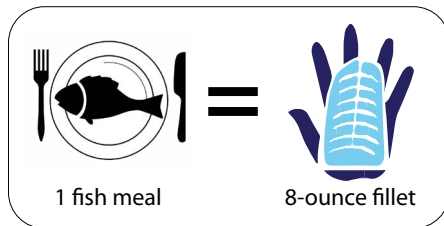
Where you fish



This guide can help you choose better waters if you are eating the fish you catch. Some waters have higher levels of chemicals than others due to industrial and commercial sources of pollution.

How much you eat


If you eat an 8-ounce serving of fish every week you can reduce health risks by carefully following our health advice.



To learn more about chemicals commonly found in fish and how advisories are set, visit health.ny.gov/fish.

Bass, Largemouth



Waterbody	General Population	Sensitive Population
Buffalo River and Inner Harbor	1 meal/month	1 meal/month
Buffalo Outer Harbor		
Lewiston Reservoir/Power Reservoir	Greater than 15", 1 meal/month; Less than 15", 4 meals/month	DON'T EAT
Cayuga Creek	DON'T EAT	DON'T EAT
Delaware Park Lake/Hoyt Lake		
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	Greater than 15", 1 meal/month; Less than 15", 4 meals/month	1 meal/month




The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



Bass, Rock




Waterbody	General Population	Sensitive Population
Buffalo River and Inner Harbor	4 meals/month	4 meals/month
Buffalo Outer Harbor		
Lake Erie		
Niagara River, upstream of Niagara Falls		
Delaware Park Lake/Hoyt Lake	4 meals/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	1 meal/month



Bass, Smallmouth



Waterbody	General Population	Sensitive Population
Lake Erie	4 meals/month	1 meal/month
Lake Ontario		
Niagara River, whole river		
Delaware Park Lake/Hoyt Lake	1 meal/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	1 meal/month	Greater than 15", DON'T EAT; Less than 15", 1 meal month

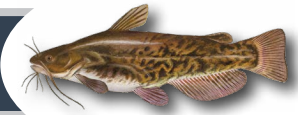




Bluegill




Waterbody	General Population	Sensitive Population
Buffalo River and Inner Harbor	4 meals/month	1 meal/month
Buffalo Outer Harbor		
Delaware Park Lake/Hoyt Lake		
Erie Canal, between Lockport & Niagara River/Tonawanda Creek downstream of Pendleton		
Lake Erie		
Lake Ontario		
Niagara River, whole river		
Waterport Reservoir/Lake Alice		
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	4 meals/month



Brown bullhead



Waterbody	General Population	Sensitive Population
Niagara River, whole river	4 meals/month	4 meals/month
Buffalo River and Inner Harbor	1 meal/month	1 meal/month
Buffalo Outer Harbor		
Delaware Park Lake/Hoyt Lake		
Lewiston Reservoir/Power Reservoir	4 meals/month	DON'T EAT
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	1 meal/month




The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



Burbot



Waterbody	General Population	Sensitive Population
Delaware Park Lake/Hoyt Lake	4 meals/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	1 meal/month



Carp




Waterbody	General Population	Sensitive Population
Lake Ontario	1 meal/month	DON'T EAT
Niagara River, downstream of Niagara Falls		
Buffalo River and Inner Harbor	DON'T EAT	DON'T EAT
Buffalo Outer Harbor		
Cayuga Creek		
Delaware Park Lake/Hoyt Lake		
Eighteenmile Creek, whole creek		
Erie Canal, between Lockport & Niagara River/Tonawanda Creek downstream of Pendleton		
Lake Erie		
Lewiston Reservoir/Power Reservoir		
Niagara River, upstream of Niagara Falls		
Scajaquada Creek		
All Other Waters 	4 meals/month	1 meal/month





Catfish, Channel




Waterbody	General Population	Sensitive Population
Waterport Reservoir/Lake Alice	1 meal/month	1 meal/month
Delaware Park Lake/Hoyt Lake	1 meal/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Buffalo River and Inner Harbor	DON'T EAT	DON'T EAT
Buffalo Outer Harbor		
Cayuga Creek		
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	1 meal/month	1 meal/month

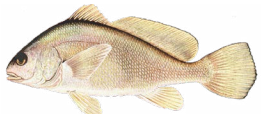


Chain pickerel




Waterbody	General Population	Sensitive Population
Delaware Park Lake/Hoyt Lake	Greater than 20", 1 meal/month;	DON'T EAT
Lewiston Reservoir/Power Reservoir	Less than 20", 4 meals/month	
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	1 meal/month





Freshwater drum




Waterbody	General Population	Sensitive Population
Delaware Park Lake/Hoyt Lake	1 meal/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	1 meal/month	1 meal/month



Northern pike



Waterbody	General Population	Sensitive Population
Delaware Park Lake/Hoyt Lake	Greater than 26", 1 meal/month;	DON'T EAT
Lewiston Reservoir/Power Reservoir	Less than 26", 4 meals/month	
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	Greater than 26", 1 meal/month; Less than 26", 4 meals/month	Greater than 26", DON'T EAT; Less than 26", 1 meal/month



Western Region Waters with Specific Advice



What about tributaries and connected waters?


The specific advice applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. This is because chemicals remain in fish when they move from one waterbody to another.

Color-Coded Fish Advisory County Maps are available at health.ny.gov/fish/maps.htm for some counties that show how waters are connected and what advisories apply to tributaries.



Perch, White




Waterbody	General Population	Sensitive Population
Delaware Park Lake/Hoyt Lake	1 meal/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	1 meal/month	1 meal/month



Perch, Yellow



Waterbody	General Population	Sensitive Population
Buffalo River and Inner Harbor	4 meals/month	4 meals/month
Buffalo Outer Harbor		
Lake Erie		
Niagara River, upstream of Niagara Falls	4 meals/month	1 meal/month
Erie Canal, between Lockport & Niagara River/Tonawanda Creek downstream of Pendleton		
Waterport Reservoir/Lake Alice	4 meals/month	DON'T EAT
Delaware Park Lake/Hoyt Lake		
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	Greater than 10", 1 meal/month; Less than 10", 4 meals/month



The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



Pumpkinseed/Sunfish



General Population



Sensitive Population

Waterbody	General Population	Sensitive Population
Buffalo River and Inner Harbor	4 meals/month	1 meals/month
Buffalo Outer Harbor		
Delaware Park Lake/Hoyt Lake		
Erie Canal, between Lockport & Niagara River/Tonawanda Creek downstream of Pendleton		
Lake Erie		
Lake Ontario		
Niagara River, whole river		
Waterport Reservoir/Lake Alice		
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	4 meals/month

Advice by Fish

Salmon,
Chinook




Salmon,
Coho



General Population




Sensitive Population

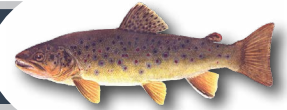
Waterbody	General Population	Sensitive Population
Lake Erie	4 meals/month	1 meal/month
Lake Ontario		
Niagara River, upstream of Niagara Falls		
Eighteenmile Creek, downstream of Burt Dam	1 meal/month	1 meal/month
Delaware Park Lake/Hoyt Lake	4 meals/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, upstream		
Scajaquada Creek		
All Other Waters 	4 meals/month	1 meal/month



Trout, Brook



Waterbody	General Population	Sensitive Population
Delaware Park Lake/Hoyt Lake	4 meals/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	4 meals/month



Trout, Brown




Waterbody	General Population	Sensitive Population
Buffalo River and Inner Harbor	4 meals/month	1 meal/month
Buffalo Outer Harbor		
Niagara River, upstream of Niagara Falls	1 meal/month	1 meal/month
Eighteenmile Creek, downstream of Burt Dam		
Lake Ontario	Greater than 20", 1 meal/month;	1 meal/month
Niagara River, downstream of Niagara Falls	Less than 20", 4 meals/month	
Delaware Park Lake/Hoyt Lake	4 meals/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	Greater than 20", 1 meal/month; Less than 20", 4 meals/month





Trout, Lake




Waterbody	General Population	Sensitive Population
Lake Ontario	Greater than 25", 1 meal/month; Less than 25", 4 meals/month	1 meal/month
Delaware Park Lake/Hoyt Lake	4 meals/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Niagara River, downstream of Niagara Falls		
Scajaquada Creek		
All Other Waters 	4 meals/month	1 meal/month



Trout, Rainbow




Waterbody	General Population	Sensitive Population
Buffalo River and Inner Harbor	4 meals/month	1 meal/month
Buffalo Outer Harbor		
Lake Erie		
Lake Ontario		
Niagara River, whole river	1 meal/month	1 meal/month
Eighteenmile Creek, downstream of Burt Dam		
Delaware Park Lake/Hoyt Lake	4 meals/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, upstream of Burt Dam		
Scajaquada Creek		
All Other Waters 	4 meals/month	4 meals/month





Walleye




Waterbody	General Population	Sensitive Population
Buffalo River and Inner Harbor	4 meals/month	1 meal/month
Buffalo Outer Harbor		
Lake Erie		
Niagara River, upstream of Niagara Falls		
Lake Ontario	1 meal/month	1 meal/month
Niagara River, downstream of Niagara Falls		
Delaware Park Lake/Hoyt Lake	Greater than 19", 1 meal/month;	DON'T EAT
Lewiston Reservoir/Power Reservoir	Less than 19", 4 meals/month	
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	Greater than 19", 1 meal/month; Less than 19", 4 meals/month	Greater than 19", DON'T EAT; Less than 19", 1 meal/month



White sucker



Waterbody	General Population	Sensitive Population
Buffalo River and Inner Harbor	4 meals/month	1 meal/month
Buffalo Outer Harbor		
Delaware Park Lake/Hoyt Lake		
Erie Canal, between Lockport & Niagara River/Tonawanda Creek downstream of Pendleton		
Lake Erie		
Niagara River, upstream of Niagara Falls		
Waterport Reservoir/Lake Alice	4 meals/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	4 meals/month



Advice by Fish



Alewife



American Eel



Black Crappie



Greater Redhorse



Longnose Gar



Muskellunge



Muskellunge, Tiger



Rainbow Smelt



Salmon, Atlantic



All Other Fish



General Population



Sensitive Population

Waterbody	General Population	Sensitive Population
Delaware Park Lake/Hoyt Lake	4 meals/month	DON'T EAT
Lewiston Reservoir/Power Reservoir		
Cayuga Creek	DON'T EAT	DON'T EAT
Eighteenmile Creek, whole creek		
Scajaquada Creek		
All Other Waters 	4 meals/month	1 meal/month

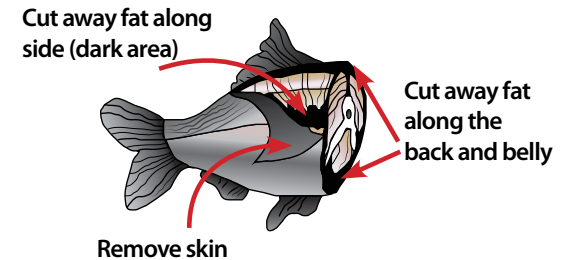


The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.

Tips for Healthier Eating































- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for the Sensitive Population.
- Bacteria, viruses, or parasites can be in or on fish. Keep harvested fish cold. Wear gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.
- PCBs, chlordane, dieldrin, and dioxin are found at higher levels in the fat of fish. Reduce fat by properly trimming, skinning, and cooking your catch:



- Cooking or soaking fish cannot eliminate the chemicals, but heat from cooking melts some of the fat. Broil, grill, or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings in sauces or gravies.
- Trimming and skinning will not reduce the amount of mercury in a fish meal.
- The main way to reduce how much mercury you get from fish is to avoid certain species or eat smaller fish within a species.

For more tips and healthy fish recipes visit health.ny.gov/fish/tips.htm

Statewide Advice

 General Population	This advice is already incorporated into the “by fish” pages (5-28). When fishing from waters without specific advisories, choose from “Best Choice” and “Good Choice” fish to get the most benefits from eating locally caught fish.	 Sensitive Population
4 meals a month	<p style="text-align: center;">*Best Choice Fish*</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Brook trout </div> <div style="text-align: center;">  Brown trout less than 20” </div> <div style="text-align: center;">  Rainbow trout </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Bluegill </div> <div style="text-align: center;">  Pumpkinseed/ Sunfish </div> <div style="text-align: center;">  White sucker </div> <div style="text-align: center;">  Yellow perch less than 10” </div> </div>	4 meals a month
4 meals a month	<p style="text-align: center;">Good Choice</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Black crappie </div> <div style="text-align: center;">  Brown trout greater than 20” </div> <div style="text-align: center;">  Bullhead </div> <div style="text-align: center;">  Chain pickerel less than 20” </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Carp </div> <div style="text-align: center;">  Lake trout </div> <div style="text-align: center;">  Largemouth bass less than 15” </div> <div style="text-align: center;">  Northern pike less than 26” </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Rock bass </div> <div style="text-align: center;">  Walleye less than 19” </div> <div style="text-align: center;">  Yellow perch greater than 10” </div> <div style="text-align: center;">  any fish not listed </div> </div>	1 meal a month
1 meal a month	<p style="text-align: center;">Eat Less</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Chain pickerel greater than 20” </div> <div style="text-align: center;">  Channel catfish </div> <div style="text-align: center;">  Freshwater drum </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Largemouth bass greater than 15” </div> <div style="text-align: center;">  Smallmouth bass less than 15” </div> <div style="text-align: center;">  White perch </div> </div>	1 meal a month
1 meal a month	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Northern pike greater than 26” </div> <div style="text-align: center;">  Smallmouth bass greater than 15” </div> <div style="text-align: center;">  Walleye greater than 19” </div> </div>	0 DON'T EAT

Alphabetical Listing of Specific Advisory Waters

Use this list to find out if your waterbody has a specific advisory. The more page numbers listed, the more advisories that water has.

Specific Advisory Water (County)	Page	Specific Advisory Water (County)	Page
Buffalo River and Inner Harbor (Erie) & Buffalo Outer Harbor (Erie)	5, 6, 8, 9, 11, 12, 19, 20, 23, 25, 26, 27	Lake Erie (Chautauqua, Erie)	6-8, 11, 19- 21, 25-27
Cayuga Creek (Niagara) ¹	5-15, 18-28	Lake Ontario (Niagara, Oswego, Monroe, Jefferson, Orleans, Wayne, Cayuga)	7, 8, 11, 20, 21, 23-26
Delaware Park Lake/Hoyt Lake (Erie) ¹	5-10, 12-15, 18-28	Lewiston Reservoir/Power Reservoir (Niagara) ¹	5-15, 18-28
Eighteenmile Creek, upstream of Burt Dam (Niagara) ¹	5-15, 18-28	Niagara River, downstream of Niagara Falls (Niagara)	7-9, 11, 23-26
Eighteenmile Creek, downstream of Burt Dam (Niagara) ¹	5-15, 18-28	Niagara River, upstream of Niagara Falls (Erie, Niagara)	6-9, 11, 19-21, 23, 25-27
Erie Canal, between Lockport & Niagara River/Tonawanda Creek downstream of Pendleton (Erie, Niagara)	8, 11, 19, 20, 27	Scajaquada Creek (Erie) ¹	5-15, 18-28
		Waterport Reservoir/Lake Alice (Orleans)	8, 12, 19, 20, 27

¹ For other fish not listed from these waters, follow the advice on page 28.

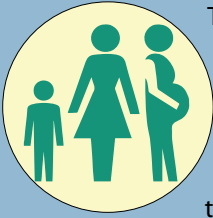


The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.

One meal is equal to an eight-ounce portion size (a half-pound).

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream. 31

Fish from Stores and Restaurants



The U.S. Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, the FDA and the U.S. Environmental Protection Agency (EPA) offer this advice. Pregnant and breastfeeding people, people who may become pregnant, and young children, avoid these fish: shark, swordfish, king mackerel, tuna (bigeye), marlin, orange roughy, and tilefish.

Visit www.fda.gov/fishadvice or www.epa.gov/fishadvice for more information.

More Information

New York State Fish Advisories

Department of Health
www.health.ny.gov/fish
www.health.ny.gov/fish/maps.htm
(518) 402-7800
(800) 458-1158
BTSA@health.ny.gov

New York State Fishing

Department of Environmental Conservation (DEC)
www.dec.ny.gov/things-to-do/freshwater-fishing

DEC Region 8

(Genesee and Orleans counties)
Avon Office
(585) 226-2466
fwfish8@dec.ny.gov

DEC Region 9

(Chautauqua, Cattaraugus, Erie, Niagara and Wyoming counties)
Buffalo Office Allegany Sub-Office
(716) 851-7000 (716) 372-0645
fwfish9@dec.ny.gov fwfish9@dec.ny.gov

The DEC fishing website listed above has a wealth of resources to help you find publicly accessible fishing sites, boat launches, what fish are found in different waterbodies, and fishing license information.