

Catch the Latest Advice

health.ny.gov/fish

Leatherstocking Region

Health Advice on Eating Fish You Catch



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

**Including Chenango, Madison, Montgomery, Oneida, Otsego, Schoharie,
and parts of Herkimer 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 19.
- 2 If the water or fish isn't listed, follow the statewide advice on page 18 for freshwater fish.

Advice by Fish

	Page
	16
Alewife	
	16
American eel	
	5
Bass, Largemouth	
	5
Bass, Rock	
	6
Bass, Smallmouth	
	16
Black crappie	

	Page
	6
Bluegill	
	16
Brown bullhead	
	16
Burbot	
	7
Carp	
	16
Catfish, Channel	
	8
Chain pickerel	

	Page
	16
Freshwater drum	
	16
Longnose gar	
	16
Muskellunge	
	8
Muskellunge, Tiger	
	9
Northern pike	
	12
Perch, Yellow	
	13
Pumpkinseed/Sunfish	

	Page
	16
Redhorse	
	16
Trout, Brook	
	13
Trout, Brown	
	16
Trout, Rainbow	
	14
Walleye	
	15
White sucker	

Don't see your fish?



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.

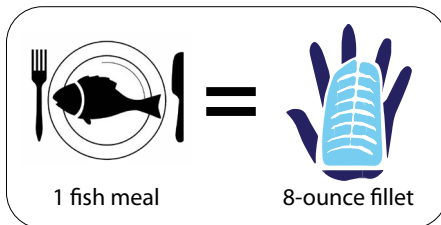
Where you fish

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
Delta Lake	1 meal/month	1 meal/month
Sauquoit Creek, between Old Silk Mill Dam near New Hartford/Paris town line and Mohawk River; and Mud Creek	Greater than 15", 1 meal/month; Less than 15", 4 meals a month	DON'T EAT
Mohawk River/Erie Canal, E20 to E18 (Map Section 2)	DON'T EAT	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River		
Threemile Creek		
All Other Waters	Greater than 15", 1 meal/month; Less than 15", 4 meals/month	1 meal/month

Bass, Rock




Waterbody	General Population	Sensitive Population
Mohawk River/Erie Canal, E18 to Fivemile Dam (Map Section 3)	4 meals/month	DON'T EAT
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek		
Mohawk River/Erie Canal, E21 to E20 (Map Section 1)	1 meal/month	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River	DON'T EAT	DON'T EAT
Threemile Creek		
All Other Waters	4 meals/month	1 meal/month

For map of Mohawk River/Erie Canal sections see pages 10-11.



Bass, Smallmouth




Waterbody	General Population	Sensitive Population
Oneida Lake	4 meals/month	1 meal/month
Mohawk River/Erie Canal, Lock E21 to E20 (Map Section 1)	1 meal/month	DON'T EAT
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek		
Mohawk River/Erie Canal, E20 to E18 (Map Section 2)	DON'T EAT	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River		
Threemile Creek		
All Other Waters 	1 meal/month	Greater than 15", DON'T EAT; Less than 15", 1 meal/month



Carp




Waterbody	General Population	Sensitive Population
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	4 meals/month	DON'T EAT
Mohawk River/Erie Canal, E18 to Fivemile Dam (Map Section 3)	1 meal/month	DON'T EAT
Mohawk River/Erie Canal, Fivemile Dam to Cohoes Falls (Map Section 4)	DON'T EAT	DON'T EAT
Mohawk River/Erie Canal, E21 to E18 (Map Sections 1-2)		
Schoharie Creek, downstream of Blenheim Gilboa Dam		
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River		
Threemile Creek	4 meals/month	1 meal/month
All Other Waters 		



Bluegill



Waterbody	General Population	Sensitive Population
Mohawk River/Erie Canal, E21 to Fivemile Dam (Map Sections 1-3)	4 meals/month	1 meal/month
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	4 meals/month	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River	DON'T EAT	DON'T EAT
Threemile Creek		
All Other Waters 	4 meals/month	4 meals/month

For map of Mohawk River/Erie Canal sections see pages 10-11.

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.




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



Chain pickerel




Waterbody	General Population	Sensitive Population
Kayuta Lake	1 meal/month	Greater than 20", DON'T EAT;
Long Pond/Chenango		Less than 20", 1 meal/month
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River	DON'T EAT	DON'T EAT
Threemile Creek		
All Other Waters 	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	1 meal/month



Northern pike




Waterbody	General Population	Sensitive Population
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	Greater than 26", 1 meal/month; Less than 26", 4 meals/month	DON'T EAT
Delta Lake	Greater than 26", DON'T EAT; Less than 26", 1 meal/month	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River	DON'T EAT	DON'T EAT
Threemile 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



Muskellunge, Tiger



Waterbody	General Population	Sensitive Population
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	4 meals/month	DON'T EAT
Mohawk River/Erie Canal, E20 to E18 (Map Section 2)	DON'T EAT	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River		
Threemile Creek		
All Other Waters 	4 meals/month	1 meal/month

For map of Mohawk River/Erie Canal sections see pages 10-11.

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.



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.

Mohawk River Key

- 1** Mohawk River/Erie Canal, from Feeder Dam 1 on Mohawk River and Lock E21 at New London to Lock E20 at Whitesboro

- 2** Mohawk River/Erie Canal, between Lock E20 at Whitesboro and Lock E18 at Jacksonburg

- 3** Mohawk River/Erie Canal, between Lock E18 at Jacksonburg and Fivemile Dam below Little Falls

- 4** Mohawk River/Erie Canal, between Fivemile Dam (downstream of Little Falls) and Cohoes Falls

For advice in other areas of the state see: health.ny.gov/fish.



Perch, Yellow



Waterbody	General Population	Sensitive Population
East Sidney Reservoir	4 meals/month	1 meal/month
Goodyear Lake		
Mohawk River/Erie Canal, E20 to Cohoes Falls (Map Sections 2-4)		
Schoharie Creek, downstream of Blenheim Gilboa Dam		
Erie Canal, between Lockport and Lock 21	Greater than 10", 1 meal/month;	1 meal/month
Kayuta Lake	Less than 10", 4 meals/month	
Long Pond/Chenango		
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	4 meals/month	DON'T EAT
Mohawk River/Erie Canal, E21 to E20 (Map Section 1)	1 meal/month	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River	DON'T EAT	DON'T EAT
Threemile Creek		
All Other Waters 	4 meals/month	Greater than 10", 1 meal/month; Less than 10", 4 meals/month


For map of Mohawk River/Erie Canal sections see pages 10-11.



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

Pumpkinseed/Sunfish



Waterbody	General Population	Sensitive Population
Mohawk River/Erie Canal, E21 to Cohoes Falls (Map Sections 1-4)	4 meals/month	1 meal/month
Schoharie Creek, downstream of Blenheim Gilboa Dam		
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	4 meals/month	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River	DON'T EAT	DON'T EAT
Threemile Creek		
All Other Waters 	4 meals/month	4 meals/month

Trout, Brown




Waterbody	General Population	Sensitive Population
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	DON'T EAT	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River		
Threemile Creek		
All Other Waters 	4 meals/month	Greater than 20", 1 meal/month; Less than 20", 4 meals/month

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.



Walleye



Waterbody	General Population	Sensitive Population
Oneida Lake	4 meals/month	1 meal/month
Chenango River	1 meal/month	Greater than 19", DON'T EAT;
Mohawk River/Erie Canal, E20 to E18 (Map Section 2)		Less than 19", 1 meal/month
Susquehanna River		
Mohawk River/Erie Canal, E18 to Fivemile Dam (Map Section 3)	4 meals/month	DON'T EAT
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	Greater than 19", 1 meal/month; Less than 19", 4 meals/month	DON'T EAT
Eaton Brook Reservoir	1 meal/month	DON'T EAT
Mohawk River/Erie Canal, E21 to E20 (Map Section 1)		
Unadilla River		
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River	DON'T EAT	DON'T EAT
Threemile 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




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



White sucker

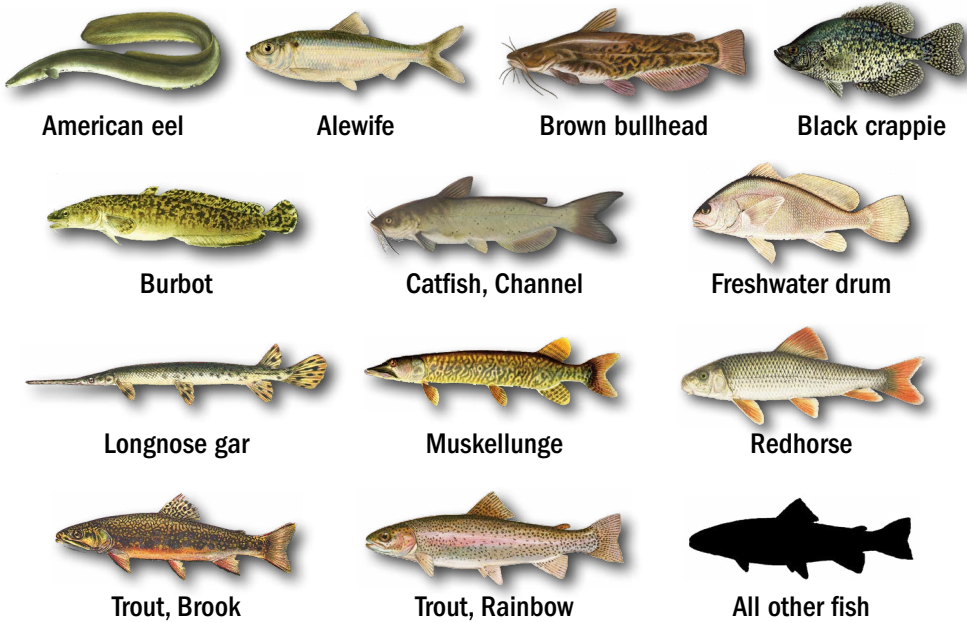


Waterbody	General Population	Sensitive Population
Mohawk River/Erie Canal, E18 to Cohoes Falls (Map Sections 3-4)	4 meals/month	1 meal/month
Schoharie Creek, downstream of Blenheim Gilboa		
Mohawk River/Erie Canal, E20 to E18 (Map Section 2)	DON'T EAT	DON'T EAT
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek		
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River		
Threemile Creek		
All Other Waters 	4 meals/month	4 meals/month

For map of Mohawk River/Erie Canal sections see pages 10-11.

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.


All other fish



General Population



Sensitive Population

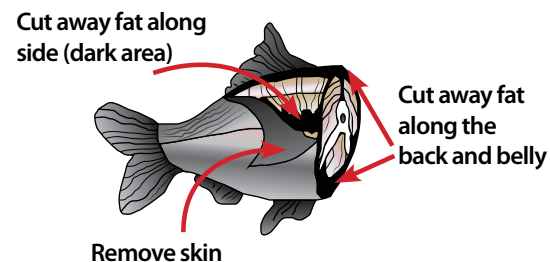
Waterbody	General Population	Sensitive Population
Sauquoit Creek, between Old Silk Mill Dam and Mohawk River; and Mud Creek	4 meals/month	DON'T EAT
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River	DON'T EAT	DON'T EAT
Threemile Creek		
All Other Waters 	4 meals/month	1 meal/month



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

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 (5-16). 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
Chenango River	14
Delta Lake	5, 9
East Sidney Reservoir	12
Eaton Brook Reservoir	14
Erie Canal between Lockport and Lock 21	12
Goodyear Lake	12
Kayuta Lake	8, 12
Long Pond/Chenango	8, 12
Mohawk River/Erie Canal, Fivemile Dam to Cohoes Falls (Map Section 4)	7, 12-13, 15
Mohawk River/Erie Canal, E18 to Fivemile Dam (Map Section 3)	5-7, 12-15
Mohawk River/Erie Canal, E20 to E18 (Map Section 2)	5-8, 12-15
Mohawk River/Erie Canal, E21 to E20 (Map Section 1)	5-7, 12-14
Mud Creek, tributary to Saugoit Creek ¹	5-9, 12-16
Oneida Lake	6, 14

Saugoit Creek, between Old Silk Mill Dam near New Hartford/Paris town line and Mohawk River ¹	5-9, 12-16
Schoharie Creek, downstream of Blenheim Gilboa Dam ²	7, 12-13, 15
Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River ¹	5-9, 12-16
Susquehanna River	14
Threemile Creek ¹	5-9, 12-16
Unadilla River	14



All Other Waters

Follow the statewide advisory on p. 18

¹ For other fish not listed from these waters, follow the advice on page 16.

² Tributary of Mohawk River/Erie Canal. Follow “between Fivemile Dam (downstream of Little Falls) and Cohoes Falls” advice.

For map of Mohawk River/Erie Canal sections see pages 10-11.



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

One meal is equal to an 8-ounce portion size (a half-pound).

For advice in other areas of the state see: health.ny.gov/fish.

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 U.S. Food and Drug Administration (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 fda.gov/fishadvice or epa.gov/fishadvice for more information.

More Information

New York State Fish Advisories

Department of Health
health.ny.gov/fish
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)
[dec.ny.gov/things-to-do/
freshwater-fishing](http://dec.ny.gov/things-to-do/freshwater-fishing)

DEC Region 4

(Montgomery, Otsego, and Schoharie
counties)
(607) 652-7366
fwfish4@dec.ny.gov

New York State Fishing, cont.

DEC Region 6

(Herkimer and Oneida counties)
Utica Office
(315) 793-2554
fwfish6@dec.ny.gov

DEC Region 7

(Chenango and Madison counties)
Cortland Sub-Office
(607) 753-3095
fwfish7@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.