

## Is it safe to eat fish caught in Clark Lake?

The DNR has released the 2023 update for their booklet [“Choose Wisely: A Health Guide for Eating Fish in Wisconsin”](#). It is well worth linking to the booklet for more detailed information but here are the current Clark Lake recommendations.

### Women up to age 50 (child bearing age) and children (under age 15) may safely eat:

1 Meal Per Week	bluegill and sunfish, bullheads, crappies, inland trout, yellow perch
and	
1 Meal Per Month	bass, catfish, pike, walleye, all other species and sizes
Do Not Eat	muskies

### All men (15 and older) and older women (50 and older) may safely eat:

Unrestricted	bluegill and sunfish, bullheads, crappies, inland trout, yellow perch
1 Meal Per Week	bass, catfish, pike, walleye, all other species and sizes
and	
1 Meal Per Month	muskies

The above advice is due to the following pollutants: MERCURY

Date of Query: February 23 2023

The fish consumption advisories are based on three potential contaminants: Mercury, PCB and PFA. So far there is no evidence of PCB or PFA in Clark Lake so follow the advice for any inland water to protect yourself from mercury. The health benefits of eating fish do not increase by eating more than 1 or 2 meals per week.



The dam and fish gate are not perfect in preventing Lake Michigan and Green Bay fish from entering the lake. Every year we find the occasional salmon or trout that has migrated up so if you catch any of the fish on the “exotic species list” **refer to the booklet or DNR website about Green Bay and Lake Michigan precautions before eating them.**

**Clark Lake Exotic species:** White perch, rainbow trout, coho salmon, lake whitefish, lake trout, smelt