



Guide to Eating Ontario Sport Fish

2007–2008 edition

Protecting our environment.



Ontario

Please note that at certain locations, consumption advice may be given for some species, or species at lengths which are not legal to possess under Ontario's fisheries regulations. Anglers should check the latest *Recreational Fishing Regulations Summary* to ensure that the particular water body is open to fishing or that all fish which are kept are legal to possess. These publications are available from the Ministry of Natural Resources Information Centre (MacDonald Block, Room M1-72, 900 Bay St., Toronto, Ontario, M7A 2C1), the local office of the Ministry of Natural Resources, and from fishing license issuers.

Consumption Advice

Symbol	Advice	Fraction of Monthly Total
8	Consumption up to 8 meals per month	$\frac{1}{8}$
4	Consumption up to 4 meals per month	$\frac{1}{4}$
2	Consumption up to 2 meals per month	$\frac{1}{2}$
1	Consumption up to 1 meal per month	1
0	Do not consume	-

A meal is considered to be 227 grams (eight ounces). For all sport fish consumed, the sum of "Fraction of Monthly Total" should not exceed 1. Details on consuming fish from more than one category or location in the same month is on page 2.

Contaminants Analysed

The number beside the fish species name identifies the contaminant or group of contaminants for which the fish was tested:

1. Mercury
2. Mercury, PCBs, mirex/photomirex, and pesticides
3. PCBs, mirex/photomirex and pesticides
4. Mercury, PCBs and mirex
5. Mercury, other metals, PCBs, mirex/photomirex and pesticides
6. Mercury and other metals
7. Dioxins and furans
8. Chlorinated phenols and chlorinated benzenes
9. Polycyclic aromatic hydrocarbons (PAHs)
10. Dioxins/Furans and Dioxin-like PCBs
11. PCB congeners

See page 15 for descriptions of the contaminants.

Please see page 8 for the key to using the guide tables.

A location index is on page 252.