

# Indiana Statewide Safe Eating Guidelines

Advice for Males 15 and Over,  
and Females Over 50

## Unlimited Consumption Est. 4.5 meals/wk:

Bullhead Species	<13 inches
Crappie Species	All Sizes
Freshwater Drum	<13 inches
Redhorse Species	<15 inches
Rock Bass	<7 inches
Silver Carp	<24 inches
Sunfish Species	All Sizes
Walleye	<16 inches

## One Meal per Week:

Black Bass - Largemouth, Smallmouth, Spotted	All Sizes
Buffalo Species	<27 inches
Bullhead Species	>13 inches
Carp sucker Species	<16 inches
Common Carp	<20 inches
Channel Catfish	<21 inches
Flathead Catfish	<30 inches
Freshwater Drum	>13 inches
Northern Pike	All Sizes
Redhorse Species	>15 inches
Rock Bass	>7 inches
Sauger	<20 inches
Silver Carp	>24 inches
Walleye	>16 inches
White, Striped, or Hybrid Striped Bass	<24 inches

## One Meal per Month:

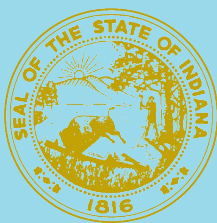
Buffalo Species	>27 inches
Carp sucker Species	>16 inches
Channel Catfish	>21 inches
Common Carp	20-30 inches
Flathead Catfish	>30 inches
Sauger	>20 inches
White, Striped, or Hybrid Striped Bass	>24 inches

## Six Meals per Year:

Common Carp	>30 inches
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**\*\*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>



Indiana State  
Department of Health  
Environmental Public Health

