

Newcastle Reservoir

Guide to eating fish safely



Adults*

Meal size
8 oz

2 Maximum meals per month

or

10 Maximum meals per month

or

3 Maximum meals per month

or

4 Maximum meals per month



WCB**
Children 6-16 yrs

Meal size
8 oz

Do not eat

or

3 Maximum meals per month

or

1 Maximum meals per month

or

1 Maximum meals per month



Pregnant women
Children <6 yrs

Meal size
4 oz

Do not eat

or

1 Maximum meals per month

or

Do not eat

or

Do not eat

Why is there a consumption advisory?

Some fish from Newcastle Reservoir have high levels of mercury in them making them unsafe to eat in large amounts. Mercury is a heavy metal that can harm your health. Pregnant women and children under six are especially vulnerable to harmful effects of mercury.

How can I reduce my risk?

You can't remove heavy metals like mercury by any cooking or cleaning methods. Instead, follow the monthly meal recommendations on the left to safely eat fish from Newcastle Reservoir.

Larger Wiper
(>16" & 2.2 lbs.)



Rainbow Trout



Smallmouth Bass



Small Wiper
(<16" & 2.2 lbs.)



***Adults**—Men over 16 yrs.; Women over 50 yrs.
****WCB**—Women of childbearing age (16-50 yrs.)

Serving size

A serving of fish is about the size and thickness of your hand. Pregnant or breastfeeding women and children should have smaller servings.

For adults



8 ounces

For children and pregnant women



4 ounces

Contact info

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