

MONTANA SPORT FISH

CONSUMPTION GUIDELINES



What you need to know about Mercury, PCBs, and other contaminants when fishing in Montana.

This guide provides information about how to enjoy healthy meals from wild fish caught in Montana. It provides specific scientific data about the water bodies which have been tested, plus more general information for areas that have not yet been tested.



WHAT ARE SPORT FISH CONSUMPTION GUIDELINES?

These guidelines provide recommendations on the amount and type of sport fish to eat. They also tell you how to prepare your catch to minimize health risks, and what precautions should be taken by high-risk individuals.

At the bottom of this brochure is a detailed chart listing all waters in Montana that have been tested for the presence of certain environmental contaminants. It gives recommendations for eating fish caught in those waters.

Although these guidelines are not regulatory standards, by using them you'll help ensure that the fish you catch can be a safe part of your diet. These guidelines are generally designed to protect pregnant women, women of childbearing age, children, and anglers who regularly consume larger quantities of fish caught in Montana waters over long periods of time.

WHAT ARE THE HEALTH BENEFITS OF EATING FISH?

Eating fish is an important part of a healthy diet. When properly prepared, fish provides an excellent source of lean high-quality protein, healthy fats such as Omega-3 fatty acids, and essential vitamins and minerals. Our bodies don't make Omega-3 fatty acids so we must get them through the food we eat. Health experts recommend eating at least two serving sizes of fish, especially fatty fish, each week to help prevent heart disease, high blood pressure, stroke, and inflammation. The nutrients in fish are also vital during pregnancy, breastfeeding, and early

childhood to support brain and vision development. You can get the health benefits of fish and reduce unwanted contaminants by following the guidelines in this pamphlet.

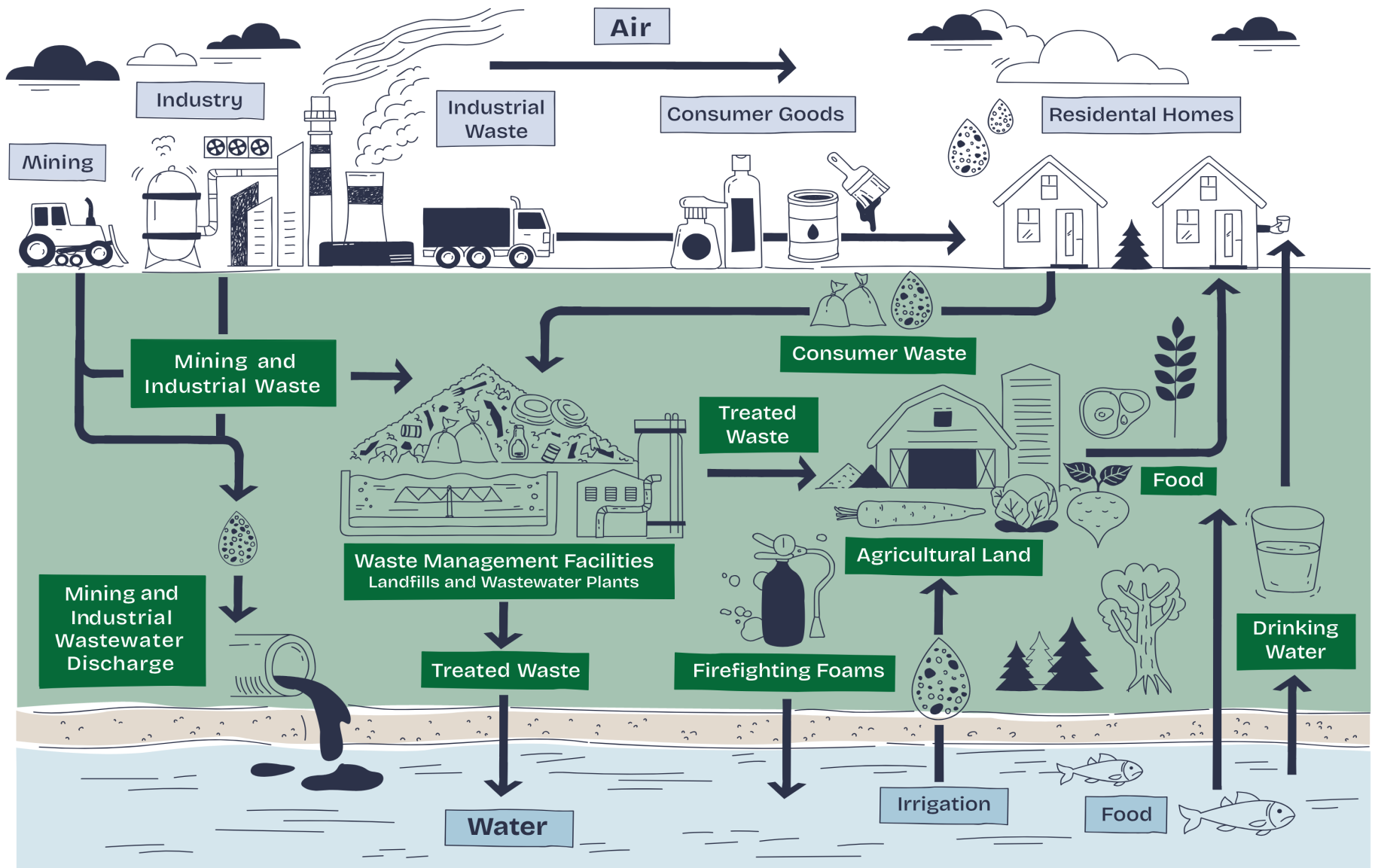
WHAT ARE THE HEALTH RISKS OF EATING CONTAMINATED FISH?

For most people, the nutritional benefits of eating fish outweigh the risk of exposure to low levels of contaminants if consumed in moderation and from safe sources. The amount of contaminants in a fish depends on the type of fish and where it's caught. Some contaminants build up in the body tissue over time. It may take months or years of regularly eating a lot of contaminated fish to accumulate levels that could become a health concern.

Individuals with high fish consumption or who are pregnant, planning to be pregnant or have young children may want to be more cautious about the kinds of fish eaten, how often to eat fish, and the source of the fish. To reduce exposure to contaminants in fish, follow the guidelines in this pamphlet.

Eating a variety of types of fish from different sources is better than eating the same type of fish from the same source. Know where to fish locally and which fish are best to eat. The Montana fish consumption guidelines help people make informed choices about how much fish to eat, what species and sizes of fish to eat, and which waterbodies to eat fish from.

SOURCES OF CONTAMINANTS IN FISH



WHAT CONTAMINANTS ARE FOUND IN MONTANA'S WILD FISH?

MERCURY is a widespread and naturally occurring element that concentrates in soils and rocks. Mercury may also enter Montana waters via household waste, batteries, mining and industrial wastes, and from burning fossil fuels. Once in a lake, mercury is converted to methylmercury by bacteria and other processes. Fish absorb methylmercury into their tissues from their food and from water. There is no method of cooking or cleaning fish that will reduce the amount of mercury in a meal. Methylmercury can affect the nervous system and kidneys, and is especially harmful to developing fetuses, infants, and children. It is classified as possibly carcinogenic to humans. It is recommended that women of reproductive age avoid species of fish and seafood known to contain high concentrations of mercury.

CADMIUM is released into the environment from mining operations and is used in the manufacturing of paints, alloys, batteries, and plastics. Cadmium is a known carcinogen that has been shown to cause renal dysfunction and a degenerative bone disease if consumed in food or water over long periods of time.

ARSENIC is a naturally occurring element that has increased in the environment due to industrial emissions from coal burning facilities and as a byproduct of mining operations. The most common form of arsenic found in fish is an organic compound that is not considered toxic to humans. The toxicity of arsenic comes from the inorganic forms of the metal, predominantly found in soil, water, and air.

SELENIUM is an essential micro-nutrient for humans but becomes toxic at high levels in industrial settings. Most processed selenium is used in the electronics industry, with some use in pharmaceutical, animal feed, glass, and rubber manufacturing. Selenium is found at very low levels in air, food, water, and all fish species. It is not considered a carcinogen.

POLYCHLORINATED BIPHENYLS (PCBs) are a group of man-made chemicals once used as lubricants, coolants, and in ink and paint additives. The manufacture of PCBs in the United States was banned in 1977, yet trace levels of PCBs remain in the environment and old sources of PCBs are still present. Fish absorb and accumulate PCBs from their food and from water. PCBs concentrate in the fat of fish, and other animals. Cleaning and cooking fish to remove fat will lower the amount of PCBs in a fish meal. Dietary exposure to PCBs has been linked to neurobehavioral and immunological effects in children and in infants whose mothers were exposed to PCBs before becoming pregnant. PCBs have been shown to cause cancer in laboratory animals exposed to high levels over a long period of time and may cause cancer in humans.

WHAT CONTAMINANTS ARE FOUND IN MONTANA'S WILD FISH?

DIOXINS are a group of synthetic chemical compounds that contain several hundred structurally related individual polychlorinated dibenzopdioxins (PCDDs) and polychlorinated dibenzofurans (PCDFs). Dioxins are byproducts of chlorine bleaching in pulp and paper mills, industrial waste incineration, combustion of fossil fuels and wood, and as contaminants in the manufacture of certain chemicals. Dioxins in the environment can accumulate in food products and fish. Cleaning and cooking fish to remove fat will lower the amount of dioxins in a fish meal. Dioxins can cause cancer, a weakened immune system, changes in fertility, and harmful effects to the developing fetus.

PER- and POLYFLUOROALKYL SUBSTANCES (PFAS) are group of manufactured chemicals that have been widely used in industry and consumer products since the 1940s. PFAS, often referred to as “forever chemicals”, break down very slowly over time and can be found in water, soil, air, food (including fish) and materials in our homes and workplaces.

PERFLUOROCTANESULFONIC ACID (PFOS), a specific group of PFAS compounds, was widely used from the 1940s to 2000s as a surfactant and repellent coating to make products resistant to water, stains, grease, and heat. Key applications included firefighting foams (AFFF), stain-resistant carpets/fabrics, leather cleaners, paper food packaging, and specialized industrial plating. Due to their widespread production and use, as well as their ability to move and persist in the environment, most people have been exposed to PFAS and more specifically, PFOS. Long-term and/or elevated levels of exposure through drinking, eating, touching, or breathing in materials containing PFAS and PFOS can lead to negative health outcomes. PFAS and PFOS have been shown to promote the development of certain cancers, interfere with the reproductive system and fetal development, cause developmental effects or delays in children, reduce the ability of the immune system to fight infections, and disrupt the body's natural hormonal system.

OTHER metals, pesticides, and organic compounds are present in Montana's fish, but are less common, or a health concern has not been established at this time.



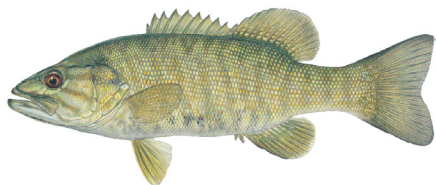
EAT LESS

● AVOID

● 1 MEAL/MONTH

● 1 MEAL/WEEK

● 2 MEALS/WEEK



SMALLMOUTH BASS

AVOID over 15"

13-15"

11-13"

less than 11"



WALLEYE

AVOID over 22"

less than 22"



BROWN TROUT

over "20"

15-20"

less than 15"



NORTHERN PIKE

AVOID over 28"

20-28"

less than 20"



LAKE TROUT

AVOID over 28"

20-28"

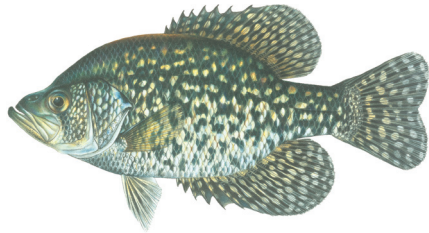
15-20"

less than 15"

EAT MORE FREQUENTLY

● 1 MEAL/WEEK

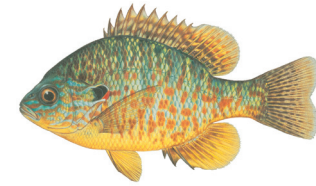
● 2 MEALS/WEEK



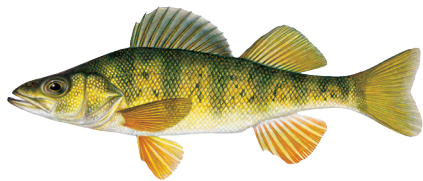
CRAPPIE



BLUEGILL



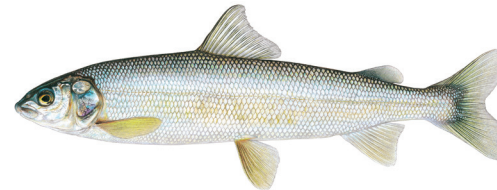
PUMPKINSEED



PERCH

10-14"

less than 10"



WHITEFISH

over 18"

less than 18"



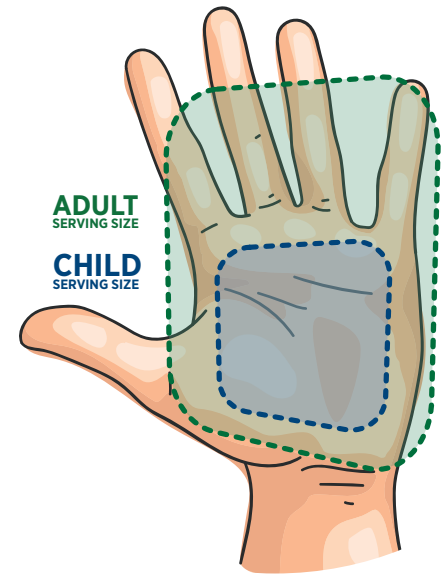
BROOK TROUT



RAINBOW TROUT

over 18"

less than 18"



MEAL ADVICE FOR INDIVIDUALS AT INCREASED RISK

KEEP SMALLER FISH FOR EATING

Contamination increases as fish get larger and older. Predatory fish, such as lake trout, walleye, smallmouth bass and northern pike often accumulate more contaminants because they eat other fish. Smaller panfish such as bluegill, crappie, brook trout, yellow perch and smaller rainbow trout usually have low levels of contamination.

CLEAN AND COOK YOUR FISH PROPERLY

Certain contaminants build up in the fat deposits of fish (i.e. PCBs, Dioxins) and just underneath the skin.

TO REDUCE CONTAMINANT LEVELS:

- Fillet the fish & remove the skin.
- Cut away the fat from back, side & belly of the fish.
- Bake or broil the trimmed fish on a rack, or grill it, so the remaining fat drips away.

SERVING SIZE MATTERS

Adult serving size is 8 oz. uncooked or 6 oz. cooked. It is about the size and thickness of your hand (green rectangle). A child's serving is 4 oz. uncooked or 3 oz. cooked (blue square, or about the size of an adult's palm).

REDUCE YOUR HEALTH RISK

Eating fish during pregnancy and while breastfeeding provides key nutrients that support brain development and growth in babies and young children. If you are pregnant, might become pregnant, nursing, or have children, you and your children are more sensitive to contaminants that may be found in fish. It's important to eat fish for the health benefits, but make smart choices to minimize your risk of exposure to contaminants, especially mercury.

MONTANA SPORT FISH CONSUMPTION CHART

Montana Fish, Wildlife & Parks has analyzed fish for contaminants from many of Montana's lakes and streams. The chart on the following pages will help you plan how many fish meals you can safely eat per month, based on fish size and measured concentrations of contaminants found in the fish.



These guidelines are based on an 8 oz. serving (weight before cooking) for a 176-pound man, and a 4 oz. serving (weight before cooking) for women of childbearing age or for children age six and younger.

HOW TO USE THE CHART ON THE FOLLOWING PAGES:

1. Find the lake or river in which the fish was caught (listed in alphabetical order).
2. Determine the species & length of the fish.
3. If your fishing location or species isn't listed here, follow the "Reduce Your Health Risk" guidelines on page 9.

















- ALL everyone
- M men + women (not child bearing age)
- WC women (child bearing age) + children
-  fish are safe to eat
- 1 number of safe meals per month
-  fish should be avoided
- fish have not been analyzed
- PCBs polychlorinated biphenyls
- D/F dioxins/furans
- As arsenic
- Se selenium
- Hg mercury
- Cd cadmium
- PFOS PFOS

These guidelines apply to fish species in waterbodies where contaminant data has not yet been collected and is not listed on the next pages of this pamphlet.




SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Ackley Lake	Rainbow Trout	M								Hg
<i>South of Hobson</i>		WC		8	6					Hg
Alder Gulch	Rainbow Trout	M	4	7						Hg
<i>Vigilante Pond at Virginia City</i>		WC	2	3						Hg
<i>Above Virginia City</i>	Rainbow Trout	M								Hg
		WC	7							Hg
Bair Reservoir	Rainbow Trout	M		6						Hg
<i>East of White Sulphur Springs</i>		WC		3						Hg
Basin Creek	Rainbow Trout	M								Hg
<i>Near Basin</i>		WC	12							Hg
Basin Creek Reservoir	Cutthroat Trout	M	11	7	6					As
		WC	5	3	3					As
Belt Creek	Brown Trout	M								Hg
<i>Near Belt</i>		WC								Hg
<i>Between Neihart & Monarch</i>	Brown Trout	M	4	4	4					As/Hg
		WC	2	2	2					As/Hg
	Rainbow Trout	M								Hg
		WC			8					Hg
<i>Upstream Neihart</i>	Brook Trout	M	6	7						Hg
		WC	3	3						Hg
	Cutthroat Trout	M								Hg
		WC	10	11						Hg
Big Casino Creek Reservoir	Yellow Perch	M								Hg
		WC		9						Hg
Big Spring Creek	Brown Trout	M			4					PCBs
<i>Upstream of East Fork Big Spring Creek</i>		WC			4					PCBs
	Rainbow Trout	M		4						PCBs
		WC		4						PCBs
<i>Downstream of East Fork Big Spring Creek to Hwy 191 Bridge</i>	Brown Trout	M								PCBs
		WC								PCBs
	Rainbow Trout	M								PCBs
		WC								PCBs
<i>Downstream of Hwy 191 Bridge</i>	Brown Trout	M								PCBs
		WC								PCBs
	Rainbow Trout	M								PCBs
		WC								PCBs
Bighorn Reservoir	Brown Trout	M			6	2	1	1		Hg
		WC	9	8	2	1	⊗	⊗		Hg
	Burbot	M			3	2	2	2		Hg
		WC			1	1	1	1		Hg
	Channel Catfish	M	2	2	2	1	1			Hg
		WC	1	1	⊗	⊗	⊗			Hg
	Rainbow Trout	M				5				Hg
		WC		11	6	2				Hg

SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Bighorn Reservoir continued	Sauger	M	4	2	2	1	⊗			Hg
		WC	2	1	1	⊗	⊗			Hg
	Smallmouth Bass	M		2	⊗					Hg
		WC		1	⊗					Hg
	Walleye	M	6	3	1	⊗	⊗	⊗		Hg
		WC	3	1	⊗	⊗	⊗	⊗		Hg
Bitterroot River	Northern Pike	M			8	3	4	⊗	⊗	D/F, PCBs
		WC			3	1	2	⊗	⊗	D/F, PCBs
	Rainbow Trout	M		7	2					D/F, PCBs
		WC		3	1					D/F, PCBs
Blackfoot River	Rainbow Trout	M								D/F, PCBs
		WC		10						D/F, PCBs
Blacktail Creek	Brook Trout	M		4	6					As/Hg
<i>Butte</i>		WC		1	3					As/Hg
Boulder Creek (trib to Flint Creek)	Brown Trout	M		8						Hg
<i>Downstream South Boulder Creek</i>		WC		3						Hg
	Cutthroat Trout	M								Hg
		WC	12	9						Hg
<i>Upstream Princeton Gulch</i>	Brown Trout	M		7						Hg
		WC		3						Hg
	Cutthroat Trout	M								Hg
		WC		8						Hg
Boulder River	Rainbow Trout	M		5						Hg
<i>Near Bernice</i>		WC	7	2						Hg
Bowman Lake	Lake Trout	M			5	4	1	2	2	Hg
<i>Glacier National Park</i>		WC			2	2	⊗	1	1	Hg
Browns Gulch	Brook Trout	M	⊗	1						As/Hg
<i>Near Rocker</i>		WC	⊗	⊗						As/Hg
	Cutthroat Trout	M	1	1						As/Hg
		WC	⊗	⊗						As/Hg
Bynum Reservoir	Walleye	M	2	1	1	1				Hg
		WC	1	⊗	⊗	⊗				Hg
Cabinet Gorge Reservoir	Brown Trout	M		8	3	1				Hg
		WC		4	1	⊗				Hg
	Crayfish (all sizes)	M	3							Hg
		WC	1							Hg
	Cutthroat Trout	M								Hg
		WC		6						Hg
	Lake Whitefish	M		5	3	7				Hg
		WC		2	1	3				Hg
	Northern Pike	M			5	4	2	1	1	Hg
		WC			2	2	1	⊗	⊗	Hg
	Smallmouth Bass	M		1	1					Hg
		WC		⊗	⊗					Hg

SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Cabinet Gorge Reservoir continued	Walleye	M		2	2	1	⊗			Hg
		WC		1	⊗	⊗	⊗			Hg
	Yellow Perch	M	5							Hg
		WC	2							Hg
Canyon Ferry Reservoir	Burbot	M			5					Hg
		WC			2					Hg
	Rainbow Trout	M	9	9		3				Hg
		WC	4	4		1				Hg
	Walleye	M	7	5	4	2	2	2	1	Hg
		WC	3	2	2	1	1	1	⊗	Hg
	Yellow Perch	M	9	5						Hg
		WC	4	2						Hg
Carpenter Creek	Brook Trout	M	4							As/Hg
<i>Near Belt Creek</i>		WC	2							As/Hg
	Cutthroat Trout	M	⊗							As/Hg
		WC	⊗							As/Hg
	Rainbow Trout	M	2	2						As/Hg
		WC	1	1						As/Hg
Castlerock Lake	Black Crappie	M		7						Hg
<i>Colstrip</i>		WC		3						Hg
	Largemouth Bass	M		4						Hg
		WC		2						Hg
	Northern Pike	M				3	3			Hg
		WC				1	1			Hg
	Walleye	M		7	5	2				Hg
		WC		3	2	1				Hg
Cataract Creek	Rainbow Trout	M		8						Hg
<i>Near Basin</i>		WC		4						Hg
Chrome Lake	Cutthroat Trout	M			6					Hg
<i>Above Stillwater Mine</i>		WC			3					Hg
	Arctic Grayling	M		8						Hg
		WC		4						Hg
Clark Canyon Reservoir	Brown Trout	M				4				Hg
		WC				2				Hg
	Burbot	M				8				Hg
		WC				4				Hg
	Rainbow Trout	M			8	6				Hg
		WC		6	4	3				Hg
Clark Fork River	Brown Trout	M								Hg
<i>Below Warm Springs Ponds to Galen</i>		WC		8						Hg
	Mountain Whitefish	M			9					Hg
		WC		7	4					Hg
<i>Gold Creek to Flint Creek</i>	Brown Trout	M		4						Hg
		WC		2						Hg
























SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Clark Fork River continued	Mountain Whitefish	M		6						Hg
<i>Gold Creek to Flint Creek</i>		WC	5	3						Hg
<i>Flint Creek to Rock Creek</i>	Mountain Whitefish	M		5	2					Hg
		WC		2	1					Hg
<i>Rock Creek to Blackfoot River</i>	Rainbow Trout	M		5	12					D/F, PCBs
		WC		2	6					D/F, PCBs
<i>Blackfoot River to Bitterroot River</i>	Northern Pike	M						10		D/F, PCBs
		WC						5		D/F, PCBs
	Rainbow Trout	M		1	2					D/F, PCBs/PFOS
		WC		⊗	1					D/F, PCBs/PFOS
	Mountain Whitefish	M								PFOS
		WC								PFOS
<i>Bitterroot River to Flathead River</i>	All Species	M	⊗	⊗	⊗	⊗	⊗	⊗	⊗	D/F, PCBs/PFOS
		WC	⊗	⊗	⊗	⊗	⊗	⊗	⊗	D/F, PCBs/PFOS
Clear Lake	Brook Trout	M	11							Hg
<i>South of Superior</i>		WC	5							Hg
Cliff Lake	Cutthroat Trout	M								Hg, PCBs
<i>Jewel Basin</i>		WC				7				Hg, PCBs
Cooney Reservoir	Rainbow Trout	M								Hg
		WC	7	10	10					Hg
	Walleye	M		11		2	2			Hg
		WC	6	5		1	1			Hg
Crystal Lake	Cutthroat Trout	M								Hg
<i>Tobacco Root Mountains</i>		WC		12						Hg
Culver Pond	Brook Trout	M								Hg
<i>Red Rocks National Wildlife Refuge</i>		WC								Hg
Dailey Lake	Rainbow Trout	M								Hg
<i>North of Gardiner</i>		WC								Hg
	Walleye	M								Hg
		WC			8					Hg
	Yellow Perch	M								Hg
		WC		10						Hg
Douglas Creek	Brown Trout	M								Hg
<i>Near Hall</i>		WC								Hg
	Cutthroat Trout	M								Hg
		WC								Hg
Dry Fork Belt Creek	Brook Trout	M	1							As/Hg
<i>Near Monarch</i>		WC	⊗							As/Hg
	Cutthroat Trout	M	1							As/Hg
		WC	⊗							As/Hg
	Rainbow Trout	M	⊗	2						As/Hg
		WC	⊗	1						As/Hg
East Fork Reservoir	Northern Pike	M					9			Hg
<i>Lewistown</i>		WC					4			Hg




























SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
East Fork Reservoir continued	Yellow Perch	M								Hg
		WC		9						Hg
East Gallatin River	Brown Trout	M								PFOS
		<i>Headwaters to confluence with Gallatin River</i>	WC		7	10				
	Rainbow Trout	M								PFOS
		WC								PFOS
Ennis Lake	Brown Trout	M					10			Hg
		WC		6	8		4			Hg
	Rainbow Trout	M								Hg
		WC		8						Hg
Firehole River	Brown Trout	M	1	1						Hg
		<i>Yellowstone National Park near Lower Geyser</i>	WC	⊗	⊗					
	Rainbow Trout	M	2	1						Hg
		WC	1	⊗						Hg
<i>Yellowstone National Park near Madison Junction</i>	Brown Trout	M	2	⊗						Hg
		WC	1	⊗						Hg
	Rainbow Trout	M	4		3					Hg
		WC	2		1					Hg
Flathead Lake	Lake Trout	M	12	12	7	6	4	1	⊗	Hg/PCBs
		WC	6	5	3	2	1	⊗	⊗	Hg/PCBs
	Lake Whitefish	M			7	2				Hg/PCBs
		WC			3	1				Hg/PCBs
Flint Creek (near Drummond)	Brown Trout	M		4	6					Hg
		<i>Upstream of Fred Burr Creek</i>	WC	7	2	2				
<i>Fred Burr Creek to Boulder Creek</i>	Brown Trout	M	5	2	1					Hg
		WC	2	1	⊗					Hg
<i>Boulder Creek to Lower Willow Creek</i>	Brown Trout	M	6	5						Hg
		WC	3	2	6					Hg
	Mountain Whitefish	M		4	2					Hg
		WC		2	1					Hg
<i>Lower Willow Creek to Clark Fork River</i>	Brown Trout	M			5					Hg
		WC		6	2					Hg
	Mountain Whitefish	M		4	2					Hg
		WC		2	1					Hg
Fort Peck Reservoir	Channel Catfish	M				8				PFOS
		WC				4				PFOS
	Chinook Salmon	M						2	2	Hg
		WC						1	1	Hg
	Lake Trout	M					3	2	1	Hg
		WC					1	1	⊗	Hg
	Northern Pike	M				3	3	2	1	Hg/PFOS
		WC				1	1	1	⊗	Hg/PFOS
	Walleye	M		3	3	3	1	5		Hg/PFOS
		WC		1	1	1	⊗	2		Hg/PFOS

SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Fred Burr Creek	Brown Trout	M	3							Hg
<i>Below Rumsey Mill to Swimming Hole</i>		WC	1							Hg
<i>Downstream of Swimming Hole</i>	Brown Trout	M	2							Hg
		WC	1							Hg
Frenchman Reservoir	Northern Pike	M								Hg/PCBs
<i>Malta</i>		WC		7						Hg/PCBs
Fresno Reservoir	Black Crappie	M	8	1						Hg
		WC	4	⊗						Hg
	Northern Pike	M				3	3	3	1	Hg
		WC				1	1	1	⊗	Hg
	Walleye	M		2	2	1	1			Hg
		WC		1	1	⊗	⊗			Hg
	Yellow Perch	M	5	3						Hg
		WC	2	1						Hg
Georgetown Lake	Brook Trout	M								Hg
		WC		6	6					Hg
	Kokanee Salmon	M								Hg
		WC		10						Hg
Gibbon River	Brown Trout	M	2	1	3	2				Hg
<i>Yellowstone National Park</i>		WC	1	⊗	1	1				Hg
	Rainbow Trout	M		2	3	4				Hg
		WC		1	1	2				Hg
Harrison Lake	Lake Trout	M				3	2	2	2	Hg
<i>Glacier National Park</i>		WC				1	1	1	⊗	Hg
Hauser Reservoir	Brown Trout	M								Hg
		WC			7	7				Hg
	Kokanee Salmon	M								Hg
		WC	10	10						Hg
	Rainbow Trout	M								Hg
		WC			8	9				Hg
	Walleye	M		10	10	5				Hg
		WC		4	4	2				Hg
	Yellow Perch	M								Hg
		WC		6						Hg
Hebgen Reservoir	Brown Trout	M		6	4	2	1			Hg/PCBs
		WC		3	1	1	⊗			Hg/PCBs
	Rainbow Trout	M		5	3	3				Hg
		WC		2	1	1				Hg
Holter Reservoir	Kokanee Salmon	M								Hg
		WC		7	7	10				Hg
	Rainbow Trout	M				9				Hg
		WC		6	8	4	9			Hg
	Walleye	M		8	7	3	2			Hg/PCBs
		WC		4	3	1	1			Hg/PCBs




























SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Holter Reservoir continued	Yellow Perch	M	5	4						Hg
		WC	2	1						Hg
Hyalite Reservoir	Cutthroat Trout	M								Hg
<i>South of Bozeman</i>		WC	12	7						Hg
Island Lake	Northern Pikeminnow	M								Hg
<i>Southeast of Libby</i>		WC								Hg
	Yellow Perch	M	4							Hg
		WC	2							Hg
Judith River	Brown Trout	M								Hg
<i>Below Big Spring Creek</i>		WC								Hg
	Rainbow Trout	M								Hg
		WC		8						Hg
Kootenai River	Bull Trout	M			9					Hg
<i>Libby Dam to Troy</i>		WC			4					Hg
	Kokanee Salmon	M								Hg
		WC	10	8						Hg
	Largescale Sucker	M				8				Hg
		WC			6	4				Hg
	Mountain Whitefish	M								Hg
		WC		7	8					Hg
	Northern Pikeminnow	M	4	2						Hg
		WC	2	1						Hg
	Peamouth	M	9							Hg
		WC	4	6						Hg
	Rainbow Trout	M			6					Hg
		WC		12	3					Hg
<i>Troy to MT/ID Border</i>	Cutthroat Trout	M								Hg
		WC			8					Hg
	Kokanee Salmon	M								Hg
		WC		7						Hg
	Largescale Sucker	M			9	6				Hg
		WC			4	3				Hg
	Mountain Whitefish	M		12						Hg
		WC	10	5						Hg
	Northern Pikeminnow	M		8	8					Hg
		WC		3	3					Hg
	Peamouth	M		9						Hg
		WC		4						Hg
	Rainbow Trout	M								Hg
		WC								Hg
Krieder Reservoir	Rainbow Trout	M		5						Hg
<i>Near Sand Springs</i>		WC		2						Hg
Lake Frances	Northern Pike	M	8	5	4	3	2			Hg
		WC	3	2	2	1	1			Hg







SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Lake Frances continued	Walleye	M	7	3	2	1	⊗			Hg
		WC	3	1	1	⊗	⊗			Hg
	Yellow Perch	M	4	3	2					Hg
		WC	1	1	1					Hg
Lake Helena	Brown Trout	M								PFOS
		WC								PFOS
	Rainbow Trout	M								PFOS
		WC								PFOS
	Walleye	M			10	3	⊗			As/Hg/PFOS
		WC		7	5	1	⊗			As/Hg/PFOS
	Yellow Perch	M								PFOS
		WC		9						PFOS
Lake Koocanusa	Bull Trout	M		11	12	5	6			As/Hg
		WC		5	5	2	2			As/Hg
	Burbot	M				6	5	4	3	Hg
		WC			8	3	2	2	1	Hg
	Cutthroat Trout	M								As
		WC		7						As
	Kokanee Salmon	M								As/Hg
		WC	8	9						As/Hg
	Largescale Sucker	M			6	7				As/Hg
		WC		6	3	3				As/Hg
	Longnose Sucker	M			8					Hg
		WC		9	3					Hg
	Mountain Whitefish	M		4						As/Hg
		WC		2						As/Hg
	Northern Pikeminnow	M		6	5	4	3			As/Hg
		WC		3	2	1	2			As/Hg
	Peamouth	M								As/Hg
		WC	8	10						As/Hg
	Rainbow Trout	M	10		6					As/Hg
		WC	5	10	3					As/Hg
Yellow Perch	M	11	6						Hg	
	WC	5	3						Hg	
Lake Mary Ronan	Kokanee Salmon	M								Hg
		WC	7	5						Hg
	Rainbow Trout	M								Hg
		WC								Hg
	Yellow Perch	M	10	4						Hg
		WC	5	2						Hg
Lake McDonald	Bull Trout	M			5	7	6			Hg
	<i>Glacier National Park</i>	WC			2	3	3			Hg
	Lake Trout	M		10	5	3	2			Hg
		WC		5	2	1	1			Hg






























SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Lake McDonald continued	Lake Whitefish	M				7				Hg
		WC			6	3				Hg
Lee Metcalf National Wildlife Refuge	Largemouth Bass	M		9	3					Hg
		WC	6	4	1					Hg
Leigh Lake	Brook Trout	M	3							Hg/PCBs
		WC	1							Hg/PCBs
Libby Ponds	Brook Trout	M								Hg/PCBs
		WC								Hg/PCBs
Stimpson Fire	Largescale Sucker	M								Hg/PCBs
		WC								Hg/PCBs
Lower Stillwater Lake	Northern Pike	M								Hg/PCBs
		WC								Hg/PCBs
	Yellow Perch	M								Hg
		WC	7							Hg
Lower Willow Creek	Brown Trout	M	5	1						Hg
		WC	2							Hg
Lower Willow Creek Reservoir	Cutthroat Trout	M	1							Hg
		WC								Hg
Lump Gulch	Brook Trout	M								Hg
		WC								Hg
Madison River	Brown Trout	M	3		1					Hg
		WC	1							Hg
Above Hebgen Lake	Rainbow Trout	M	5	3		3				Hg
		WC	2	1		1				Hg
Hebgen Lake to Quake Lake	Rainbow Trout	M		5						Hg
		WC		2						Hg
Quake Lake to Ennis Lake	Brown Trout	M			9					Hg
		WC		8	4					Hg
Below Ennis Lake	Rainbow Trout	M			11					Hg
		WC		10	5					Hg
	Brown Trout	M		9	4					Hg
		WC		4	2					Hg
	Rainbow Trout	M			11					Hg
		WC		6	5					Hg
Martinsdale Reservoir	Brown Trout	M				4	4	4	4	Hg
		WC				1	1	1	1	Hg
	Rainbow Trout	M		9	8					Hg
		WC		4	4					Hg
McGregor Lake	Crayfish (all sizes)	M	5							Hg
		WC	2							Hg
Near Kalispell	Lake Trout	M		9	6	6	3			Hg
		WC		4	3	2	1			Hg























SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Medicine Lake National Wildlife Refuge	Northern Pike	M				8	7	2		Hg
		WC				4	3	1		Hg
Missouri River	Brown Trout	M		7						Hg
	<i>Headwaters to Toston Dam</i>	WC		3						Hg
	Northern Pike	M			5					Hg
		WC			2					Hg
	Rainbow Trout	M		8						Hg
		WC		3						Hg
<i>Below Toston Dam</i>	Rainbow Trout	M								Hg
		WC		6						Hg
<i>Upstream Black Eagle Dam</i>	Brown Trout	M		6	7					As/Hg
		WC	8	2	3					As/Hg
	Crayfish (all sizes)	M	⊗							As
		WC	⊗							As
	Mountain Whitefish	M			8					Hg
		WC			4					Hg
	Mussels (all sizes)	M	⊗							As
		WC	⊗							As
	Northern Pike	M								PFOS
		WC								PFOS
	Rainbow Trout	M	4	9	6					As/Hg
		WC	2	4	3					As/Hg
	Stonecat	M	4	3						Hg
		WC	2	1						Hg
	White Sucker	M		4	6					As/Hg
		WC		2	3					As/Hg
	Yellow Perch	M	9							As/Hg
		WC	4	9						As/Hg
<i>Downstream Black Eagle Dam</i>	Brown Trout	M		11	7	3				As/Hg
		WC		5	3	1				As/Hg
	Crayfish (all sizes)	M	⊗							As
		WC	⊗							As
	Mountain Whitefish	M	11	7						As/Hg
		WC	5	3						As/Hg
	Mussels (all sizes)	M	⊗							As
		WC	⊗							As
	Northern Pike	M							5	PFOS
		WC							2	PFOS
	Rainbow Trout	M	8		7	4				As/Hg
		WC	4	7	3	2				As/Hg
	Stonecat	M	7							Hg
		WC	3							Hg
	Walleye	M	10	11	5	7				As/Hg/PFOS
		WC	5	5	2	3				As/Hg/PFOS

SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Missouri River continued	White Sucker	M		7	8					As/Hg
<i>Downstream Black Eagle Dam</i>		WC		3	4					As/Hg
	Yellow Perch	M	7							As/Hg
		WC	3							As/Hg
<i>Judith Landing to Crooked Creek Marina</i>	Channel Catfish	M								PFOS
		WC								PFOS
	Walleye	M								PFOS
		WC								PFOS
Mountain View Lake	Brook Trout	M		7	1					Hg
<i>Stillwater drainage</i>		WC		3						Hg
Mystic Lake	Brook Trout	M								Hg
<i>South of Bozeman</i>		WC		8	8					Hg
	Cutthroat Trout	M		8	8					Hg
		WC		3	3					Hg
	Lake Trout	M					7			Hg
		WC					3			Hg
Nelson Reservoir	Black Crappie	M	9							Hg
		WC	4							Hg
	Lake Whitefish	M				2				Hg
		WC		7		1	8			Hg
	Northern Pike	M					7	6	4	Hg/PFOS
		WC					3	3	2	Hg/PFOS
	Walleye	M		6	5	6	1			Hg/PFOS
		WC		3	2	3				Hg/PFOS
	Yellow Perch	M	10	9						Hg
		WC	5	4						Hg
Ninepipe National Wildlife Refuge	Largemouth Bass	M	6	5	2	1				Hg
		WC	3	2	1					Hg
North Fork Lower Willow Creek	Cutthroat Trout	M								Hg
		WC								Hg
Noxon Rapids Reservoir	Crayfish (all sizes)	M	5							Hg
		WC	2							Hg
	Lake Trout	M						1		Hg
		WC								Hg
	Lake Whitefish	M		9	9					Hg
		WC		4	4					Hg
	Largemouth Bass	M		4						Hg
		WC		2						Hg
	Northern Pike	M		5	5	3	2	1	1	D/F, Hg
		WC		2	2	1	1			D/F, Hg
	Smallmouth Bass	M		2	1					Hg
		WC		1						Hg
	Walleye	M	1	1	1	1	1	1		D/F, Hg
		WC								D/F, Hg





















SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Noxon Rapids Reservoir continued	Yellow Perch	M	3	2						Hg
		WC	1	1						Hg
Park Lake	Arctic Grayling	M								Hg
<i>South of Helena</i>		WC								Hg
	Cutthroat Trout	M								Hg
		WC								Hg
Petrolia Reservoir	Northern Pike	M					5			Hg
<i>South of Winnett</i>		WC					2			Hg
Piedmont Pond	Cutthroat Trout	M	2	1						As/Hg
<i>Whitehall</i>		WC	1	⊗						As/Hg
Pishkun Reservoir	Northern Pike	M		4	3	2	2	1		Hg
		WC		2	1	1	⊗	⊗		Hg
	Rainbow Trout	M			4	4	2			Hg
		WC			2	2	1			Hg
	Yellow Perch	M	3							Hg
		WC	1							Hg
Prickly Pear Creek	Brown Trout	M								Hg
<i>Upstream of ASARCO</i>		WC								Hg
	Rainbow Trout	M								Hg
		WC								Hg
<i>Downstream of ASARCO</i>	Brown Trout	M		1	1					As/PFOS
		WC		⊗	⊗					As/PFOS
	Rainbow Trout	M		3						As
		WC		1						As
Rock Creek	Brown Trout	M		8	4					Hg
<i>Near Alberton</i>		WC		4	2					Hg
Seeley Lake	Bull Trout	M								Hg
		WC								Hg
	Mountain Whitefish	M		11						Hg
		WC		5						Hg
	Northern Pike	M					8	9		Hg
		WC					3	4		Hg
	Yellow Perch	M								Hg
		WC								Hg
Silver Bow Creek	Brook Trout	M		7						As/Hg
<i>Lower Area One (near lagoons)</i>		WC		3						As/Hg
<i>Rocker</i>	Cutthroat Trout	M		11	11					As
		WC		5	5					As
<i>Ramsey</i>	Cutthroat Trout	M		7	7					As/Hg
		WC		3	3					As/Hg
<i>Durant Canyon</i>	Cutthroat Trout	M		2	4					As/Hg
		WC		1	2					As/Hg
Silver Creek	Cutthroat Trout	M	3	1	⊗	⊗				Hg
<i>North of Helena</i>		WC	1	⊗	⊗	⊗				Hg






















SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Smart Creek	Cutthroat Trout	M								Hg
<i>Near Hall</i>		WC								Hg
Snow Creek	All Species	M	⊗	⊗						As/Hg
<i>Tributary to Carpenter Creek</i>		WC	⊗	⊗						As/Hg
Soda Butte Creek	Brook Trout	M								Hg
<i>Cooke City</i>		WC								Hg
	Cutthroat Trout	M								Hg
		WC								Hg
South Fork Lower Willow Creek	Cutthroat Trout	M	11							Hg
<i>Near Drummond</i>		WC	5							Hg
South Sandstone Reservoir	Northern Pike	M			2		1			Hg
<i>North of Baker</i>		WC			1		⊗			Hg
	Walleye	M					⊗			Hg
		WC					⊗			Hg
	Yellow Perch	M	4							Hg
		WC	2							Hg
Spring Meadow Lake	Cutthroat Trout	M		2						As
<i>Helena</i>		WC		1						As
	Largemouth Bass	M	6	5						As/Hg
		WC	3	2						As/Hg
	Pumpkinseed	M	5							As
		WC	2							As
	Rainbow Trout	M								Hg
		WC		7						Hg
	Yellow Perch	M		9						As/Hg
		WC		4						As/Hg
St. Mary Lake	Bull Trout	M					2			Hg
<i>Glacier National Park</i>		WC					1			Hg
	Burbot	M			6	3	3		2	Hg
		WC			3	1	1		⊗	Hg
	Lake Trout	M			3	2	4	3		Hg
		WC			1	1	2	1		Hg
	Lake Whitefish	M			7	7				Hg
		WC			3	3				Hg
Sun River	Rainbow Trout	M			7					Hg
<i>Near Great Falls</i>		WC			3					Hg
Swan Lake	Bull Trout	M		8	3	2	3	2	2	Hg
		WC		3	1	1	1	1	1	Hg
	Kokanee	M	11							Hg
		WC	5	7	6					Hg
	Lake Trout	M	9	6	5	3	3	2	1	Hg
		WC	4	3	2	1	1	1	⊗	Hg
	Northern Pike	M			6	3	4		2	Hg
		WC			3	1	2		⊗	Hg

SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Tenmile Creek	Brown Trout	M								Hg
<i>West of Helena</i>		WC	12	12						Hg
	Rainbow Trout	M								Hg
		WC	10	10						Hg
Thompson Falls Reservoir	Northern Pike	M			5	7	6	5	3	Hg
		WC			2	3	3	2	1	Hg
	Rainbow Trout	M			11					Hg
		WC			5					Hg
	Smallmouth Bass	M		5						Hg
		WC		2						Hg
	Yellow Perch	M	7							Hg
		WC	3							Hg
Tiber Reservoir	Northern Pike	M		3		2	2	1	⊗	Hg
		WC		1		1	⊗	⊗	⊗	Hg
	Walleye	M		1	1	1	1			Hg
		WC		⊗	⊗	⊗	⊗			Hg
	Yellow Perch	M	5	3						Hg
		WC	2	1						Hg
Tongue River Reservoir	Northern Pike	M					6	6		Hg
		WC					3	3		Hg
	Smallmouth Bass	M	8	4						Hg
		WC	4	2						Hg
	Walleye	M		5	4	3	2			Hg
		WC		2	1	1	1			Hg
	White Crappie	M	4							Hg
		WC	2							Hg
Upper Cold Lake	Cutthroat Trout	M		6						PCBs
<i>Mission Mountains</i>		WC		3						PCBs
Upper Two Medicine Lake	Lake Trout	M			7					Hg
<i>Glacier National Park</i>		WC			3					Hg
Warm Springs Creek	Brook Trout	M								Hg
<i>Near Clancy</i>		WC								Hg
Warm Springs Ponds	Rainbow Trout	M								Hg
<i>Near Anaconda</i>		WC					12			Hg
Waterton Lakes	Lake Trout	M		6	4	3	1		1	Hg
<i>Glacier National Park</i>		WC		3	2	1	⊗		⊗	Hg
	Lake Whitefish	M			8	7	6		7	Hg
		WC	9	7	4	3	3		3	Hg
West Fork Madison River	Brown Trout	M								Hg
<i>Downstream of Lobo Creek</i>		WC		7						Hg
	Rainbow Trout	M								Hg
		WC			7					Hg
<i>Upstream of Lobo Creek</i>	Rainbow Trout	M								Hg
		WC		10						Hg

SIZE (LENGTH IN INCHES)

Location	Species	Person	6-10	10-14	14-18	18-22	22-26	26-30	30+	Contaminant
Whitefish Lake	Cutthroat Trout	M								Hg
		WC								Hg
	Lake Trout	M		10	10	5	3			Hg
		WC		5	4	2	1			Hg
	Lake Whitefish	M				5				Hg
		WC		9	8	2				Hg
	Northern Pike	M					9		8	Hg
		WC			9	8	4	6	4	Hg
Willow Creek Reservoir	Rainbow Trout	M								Hg
<i>Near Augusta</i>		WC	8	8	8	6				Hg
Woody Creek	Cutthroat Trout	M								Hg
<i>Near Cooke City</i>		WC								Hg
Yellowstone River	Channel Catfish	M								PFOS
<i>Clarks Fork Yellowstone River to Big Horn River</i>		WC								PFOS
	Mountain Whitefish	M		6	4					PFOS
		WC		3	2					PFOS
	Smallmouth Bass	M		4						PFOS
		WC		2						PFOS
<i>Near Powder River</i>	Channel Catfish	M					1			Hg
		WC					⊗			Hg

MORE INFORMATION

- For information on collection and laboratory testing of fish from Montana waters, call MT Fish, Wildlife and Parks at **406-444-2449**.
- For information on the health risks of eating fish, call MT Health & Human Services **406-417-9848** or email: **dawn.nelson@mt.gov**
- The online version of the brochure will be updated as new data is gathered: **<https://fwp.mt.gov/fish>**

