

Sault Ste. Marie and Area Fish Consumption Information



Below is a list of area Lakes and Rivers where the Ontario government has sampled fish for the presence of contaminants in the area between Montreal River to Hwy 129. This includes area inland lakes, rivers and the Great Lakes. There are 15 contaminants that the Ontario fish eating guidelines identify. While this document does not identify the specific contaminants that is contaminating the at risk fish mentioned here, the more detailed description is available in the Ontario fish eating guidelines. Some of the most common contaminants include, mercury, Polychlorinated biphenyls (PCB'S), arsenic, and PerFluoroAlkyl and PolyFluoroAlkyl substances (PFAS) to name a few. I have broken down the list into 3 categories. The first list (ultra high risk) contains fish that are not recommended to consume in any amount. The second category (high risk) is recommended to consume either 1 or 2 meals per month of 8-16 oz per month of flesh before cooking. I did not differentiate either 1 or 2 meals but simply classed them together in the high risk category. The third list a cautionary list that identifies fish that is recommended as 4 meals per month or less (24 oz before cooking). The Ontario fish eating guideline classifies a meal as 8 oz before cooking. Keep in mind that fish loses approximately 25% of its weight after cooking which would equate to approximately 6 oz after cooking. Most people consume more than the 8oz recommended in a meal and in some cases consume nearly 2-3 times that amount in one sitting. This document only points out fish consumption recommendations for healthy adults weighing 154 pounds and not high risk individuals. The Ontario government considers the high risk population as "women of child-bearing age (women who intend to become pregnant or are pregnant) and children younger than 15 years of age". For people who fall into the sensitive population category, please consult the fish eating guidelines for additional information. This document is only to bring information and attention to the Ontario fish eating guidelines. All individuals who plan on consuming fish from Ontario waters should consult the Ontario fish eating guidelines for more information. Keep in mind the Ontario government has only sampled a small percentage of water bodies in our area. This is just a few that are available.

List 1. Ultra High Risk (0 consumption)

Tunnel Lake 0 Northern Pike over 30", 0 Walleye over 24"
Rock Lake 0 Walleye over 22"
 Gong Lake 0 Lake Trout over 30"
Montreal River Reservoir. 0 Northern Pike over 26", 0 Walleye over 22"
 Lake Superior Goulais Bay area 0 Smelt of any size
Lake Superior Agawa bay and North 0 Lake Trout over 24", 0 Walleye over 30", 0 Siscowet over 22"
 Lake Huron North Channel 0 Chinook Salmon over 24", 0 Lake Trout over 30", 0 Lake Whitefish 22"

List 2. High Risk (either 1-2 meals per month or 8-16 oz) see fish eating guidelines

Tunnel Lake Northern Pike over 28", Walleye over 22"
Rock Lake Northern Pike over 30", Smallmouth Bass over 18", Walleye over 18"
 Gordon Lake. Walleye over 20"
Echo Lake Walleye over 26"
 Achigan Lake Lake Trout over 20", Smallmouth Bass over 18"
Megisan Lake Lake Trout over 24"
 Gull Lake Walleye over 24"
Goulais Lake Walleye over 16"
 Quinn Lake Brook Trout over 18"
Montreal River Reservoir. Pike over 22", Walleye over 18"
 Upper Pancake Lake Lake Trout over 30"
Lake Superior Agawa Bay area Chinook Salmon over 28", Walleye over 18"
 Lake Superior Michipicoten area. . . . Chinook over 30", Lake Trout over 14", Lake Whitefish over 24",
 Pink Salmon over 20", Siscowet any size
Lake Superior Goulais Bay area Chinook Salmon over 24", Cisco (Lake Herring) over 10",
 **Lake Trout over 20", Lake Whitefish over 20"**
 St. Marys River Chinook Salmon over 30", Walleye over 28",
Lake Huron North Channel. Lake Trout over 22", Pink Salmon over 22", Rainbow Trout over 28"

List 3 Caution (4 meals or 24 oz per month)

Tunnel Lake Northern Pike over 24", Smallmouth Bass over 16", Walleye over 16"
Skookum Lake Walleye over 22", Smallmouth Bass over 16"
 Rock Lake Northern Pike over 18", Walleye over 12", Smallmouth over 14"
Gordon Lake Walleye over 12"
 Bass Lake. Northern Pike over 30", Small mouth over 18"
McMahon Lake Lake Trout over 26"
 McCarroll Lake Lake Trout over 20"
Echo Lake Northern Pike over 28", Walleye over 20"
 Goulais River Chinook Salmon over 22", Coho Salmon over 22", Rainbow Trout over 24"
Penelope Lake Lake Trout over 30"
 Saymo Lake Lake Trout over 26"
Mystery Lake. Lake Trout over 20"
 Anvil Lake. Lake Trout over 20"
Gong Lake Lake Trout over 20", Splake over 20"
 Megisan Lake Lake Trout over 16"
Gull Lake Brook Trout over 12", Lake Trout over 20", Walleye over 14"
 Goulais Lake Lake Trout over 14", Walleye over 14"
Graham Lake. Brook Trout over 8"
 Point Lake Lake Trout over 18"
Quinn Lake Brook Trout over 12"
 Watson Lake. Brook Trout over 8"
Caesar Lake Brook Trout over 10"
 Upper Pancake Lake Lake Trout over 28"
Montreal River Reservoir. Walleye over 14", Northern Pike over 18"
 St. Marys River Atlantic Salmon over 24", Chinook Salmon over 18", Smallmouth Bass over 14"
Carp River (upper St. Mary's River) . Rainbow Trout over 14"
 Lake Superior Goulais Bay area Chinook Salmon 24", Coho Salmon over 22", Lake Trout over 18",
 Lake Whitefish over 14", Rainbow Trout over 24"
Lake Superior Agawa Bay area Chinook Salmon over 20", Lake Trout over 16", Northern Pike over 30",
 **Yellow Perch over 12"**
 Lake Superior Michipicoten area. . . . Chinook Salmon over 22", Lake Herring (Cisco) over 16", Lake Trout over 8",
 Lake Whitefish over 20", Pink Salmon over 20"
Lake Huron North Channel. Chinook Salmon over 16", Lake Trout over 20", Lake Whitefish over 18",
 **Pink Salmon over 20", Rainbow Trout over 20",**
 **Smallmouth Bass over 14", Walleye over 30"**