

Fish Consumption

For the Tar Creek Area Including Grand Lake Guide

The Oklahoma Department of Environmental Quality has issued a series of fish consumption advisories for the Tar Creek area, which includes Grand Lake. The advisory pertains to lead levels found in fish. The recommendations provided are categorized by residents or non-residents of the Tar Creek area. These guidelines are designed to help people make informed choices about their health and diet.

Below are the different types of fish sampled in the Tar Creek area along with the suggested maximum number of meals per month one should consume.



Resident					Non-Resident					
Non-Game Fish	Mill Ponds	Spring River		Neosho River	Grand Lake	Non-Game Fish	Mill Ponds	Spring River	Neosho River	Grand Lake
Carp Freshwater Drum Redhorse Sucker Smallmouth Buffalo	Not Sampled	3 meals per month of preparations with bones	9 meals per month of boneless fillets	8 meals per month of preparations with bones	6 meals per month of preparations with bones	Carp Freshwater Drum Redhorse Sucker Smallmouth Buffalo	Not Sampled	5 meals per month of preparations with bones	Unrestricted	11 meals per month of preparations with bones
Game Fish	Mill Ponds	Spring River	Neosho River	Grand Lake	Game Fish	Mill Ponds	Spring River	Neosho River	Grand Lake	
White Bass Largemouth Bass Black Crappie White Crappie	14 meals per month of preparations with bones	Unrestricted	Unrestricted	Unrestricted	White Bass Largemouth Bass Black Crappie White Crappie	Unrestricted	Unrestricted	Unrestricted	Unrestricted	
Sunfish	Mill Ponds	Spring River	Neosho River	Grand Lake	Sunfish	Mill Ponds	Spring River	Neosho River	Grand Lake	
Bluegill Sunfish Green Sunfish Hybrid Sunfish	2 meals per month of preparations with bones	5 meals per month of preparations with bones	Unrestricted	Unrestricted	Bluegill Sunfish Green Sunfish Hybrid Sunfish	5 meals per month of preparations with bones	8 meals per month of preparations with bones	Unrestricted	Unrestricted	
Catfish	Mill Ponds	Spring River	Neosho River	Grand Lake	Catfish	Mill Ponds	Spring River	Neosho River	Grand Lake	
Blue Catfish Channel Catfish	Unrestricted	9 meals per month of preparations with bones	Unrestricted	Unrestricted	Blue Catfish Channel Catfish	Not sampled	Unrestricted	Unrestricted	Unrestricted	
Paddle Fish & Paddle Fish Eggs	Mill Ponds	Spring River	Neosho River	Grand Lake	Paddle Fish & Paddle Fish Eggs	Mill Ponds	Spring River	Neosho River	Grand Lake	
	Not Sampled	Unrestricted	Unrestricted	Unrestricted		Not Sampled	Unrestricted	Unrestricted	Unrestricted	