What You Should Know About Eating Mississippi Delta Fish

Some fish from the Mississippi Delta lakes and streams contain levels of certain pesticides that pose health risks when eaten over a long period of time.

Individuals should limit the amount of buffalo, carp, gar, and large catfish (catfish greater than 22 inches in length) that they eat to no more than two meals a month.

This warning applies to ALL waters in the Mississippi portion of Delta that lie between Mississippi River levee on the west and the bluff hills to the east.

The concentrations of DDT and Toxaphene in fish in the Delta are declining; however this warning will continue until testing shows that these fish are safe to eat.

Eating fish with high levels of DDT and Toxaphene, over an extended period of time, may increase the risk of cancer.

Many popular kinds of fish including bass, bream, crappie, freshwater drum, and small catfish (less than 22 inches in length) are SAFE to eat.

Farm-raised catfish are SAFE to eat.
Okay to eat these Fish

- Bream
- Crappie
- Freshwater Drum
- Largemouth Bass

Eat no more than 2 (two) meals per month of these fish

- Catfish less than 22”
- Catfish larger than 22”
- Buffalo
- Carp
- Gar