

Fish Consumption Guidelines for People Who Are or May Become Pregnant, and People Who Are Breastfeeding or Plan to Breastfeed, and Children Under Age 15 - Rivers

River Name, Location	Meal Advice		
CEDAR R., above Mill Pond Dam, Austin			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
LEECH LAKE R., Cass Co.			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
MISSISSIPPI R., Lake Itasca to Ottertail Power Dam			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
MISSISSIPPI R., Ford Dam to Hastings Dam, Pool 2 Note: Guidelines for Pool 2 are also for people who are breastfeeding			
Species	1 meal / month	Do Not Eat	Contaminants
All species	-	All sizes	Mercury PCBs PFAS (PFOS)
MISSISSIPPI R., Hastings Dam to Red Wing, Pool 3 Note: Guidelines for Pool 3 are also for people who are breastfeeding			
Species	1 meal / month	Do Not Eat	Contaminants
All species	-	All sizes	Mercury PCBs PFAS (PFOS)
MISSISSIPPI R., Red Wing to Kellogg Dam, Pool 4 Note: Guidelines for Pool 4 are also for people who are breastfeeding			
Species	1 meal / month	Do Not Eat	Contaminants
All species	-	All sizes	Mercury PCBs PFAS (PFOS)
PARTRIDGE R., St. Louis Co.			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
PRAIRIE R., Itasca Co.			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
RALEIGH CR., Washington Co.			
Species	1 meal / month	Do Not Eat	Contaminants
All species	-	All sizes	PFOS

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River Name, Location	Meal Advice		
RED R.,			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	30" or longer	Mercury
Walleye	-	All sizes	Mercury
ROSEAU R., Kittson Co.			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
ST. LOUIS R., Cloquet to Fond du Lac Dam			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
ST. LOUIS R., Fond du Lac Dam to Lake Superior			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
STURGEON R., St. Louis Co.			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
UPPER IOWA R., Mower Co.			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury

Notes

R. - River, CR. - Creek

Follow the MDH Statewide Safe-Eating Guidelines, except for waters and species listed above. Contaminant levels are higher in these species.

[Fish Consumption Guidance \(https://www.health.state.mn.us/communities/environment/fish/index.html#guidelines\)](https://www.health.state.mn.us/communities/environment/fish/index.html#guidelines)

Check MN DNR fishing regulations to see which fish are legal to keep. [Fishing \(https://www.dnr.state.mn.us/fishing/index.html\)](https://www.dnr.state.mn.us/fishing/index.html)

Mercury [Contaminants and Minnesota Fish \(https://www.health.state.mn.us/communities/environment/fish/faq.html\)](https://www.health.state.mn.us/communities/environment/fish/faq.html)

PCBs - Polychlorinated biphenyls [Contaminants and Minnesota Fish \(https://www.health.state.mn.us/communities/environment/fish/faq.html\)](https://www.health.state.mn.us/communities/environment/fish/faq.html)

PFOS - Perfluorooctane sulfonate/PFAS [Perfluoroalkyl Substances \(PFAS\)](https://www.health.state.mn.us/communities/environment/hazardous/topics/pfas.html)

[Perfluoroalkyl Substances \(PFAS\) \(https://www.health.state.mn.us/communities/environment/hazardous/topics/pfas.html\)](https://www.health.state.mn.us/communities/environment/hazardous/topics/pfas.html)

Dioxin [Facts about Dioxins \(https://www.health.state.mn.us/communities/environment/risk/chemhazard/dioxins.html\)](https://www.health.state.mn.us/communities/environment/risk/chemhazard/dioxins.html)