

# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                           | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>ADA</b><br>Cass 11025000         | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                     | Cisco            | All sizes    |                  |                |            |              |
|                                     | Northern Pike    |              | shorter than 24" | 24" or longer  |            | Mercury      |
| <b>ADAMS</b><br>Lake 38015300       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>ADLEY</b><br>Otter Tail 56003100 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>AGATE</b><br>Cass 11021600       | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>AGNES</b><br>Douglas 21005300    | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                                     | White Sucker     | All sizes    |                  |                |            |              |
| <b>AGNES</b><br>St. Louis 69083000  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>AITKIN</b><br>Aitkin 01004000    | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                                     | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                     | Sunfish          |              | All sizes        |                |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |

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| <b>ALBERT LEA</b><br>Freeborn 24001400 | Buffalo          | All sizes    |                  |                  |               |              |
|  | Carp             | All sizes    |                  |                  |               |              |
|  | Channel Catfish  |              | All sizes        |                  |               | Mercury      |
|  | Crappie          | All sizes    |                  |                  |               |              |
|  | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|  | Walleye          |              | All sizes        |                  |               | Mercury      |
|  | Yellow Perch     | All sizes    |                  |                  |               |              |
| <b>ALDEN</b><br>St. Louis 69013100     | Crappie          |              |                  | All sizes        |               | Mercury      |
|  | Redhorse Sucker  |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>ALDER</b><br>Cook 16011400          | Lake Trout       |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              | All sizes        |                  |               | Mercury      |
|  | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>ALEXANDER</b><br>Morrison 49007900  | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>ALGER</b><br>Lake 38005400          | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|  | White Sucker     |              | All sizes        |                  |               | Mercury      |
|  | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>ALIMAGNET</b><br>Dakota 19002100    | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|  | Bullhead         |              | All sizes        |                  |               | Mercury      |
| <b>ALPINE</b><br>Cook 16075900         | Lake Whitefish   |              | All sizes        |                  |               | Mercury      |
|  | Walleye          |              |                  | shorter than 22" | 22" or longer | Mercury      |
| <b>ALTON</b><br>Cook 16062200          | Northern Pike    |              | shorter than 21" | 21" or longer    |               | Mercury      |
|  | Walleye          |              | shorter than 14" | 14" - 23"        | 23" or longer | Mercury      |

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|--------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>AMBER</b><br>Lake 38033600        | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>AMELIA</b><br>Pope 61006400       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>ANDREW</b><br>Douglas 21008500    | Northern Pike    |              | shorter than 18" | 18" or longer  |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                      | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>ANDREW</b><br>Kandiyohi 34020600  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Freshwater Drum  |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              |                  |                | All sizes  | Mercury      |
| <b>ANDRUSIA</b><br>Beltrami 04003800 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Cisco            | All sizes    |                  |                |            |              |
|                                      | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury      |
|                                      | Rock Bass        |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | shorter than 18" | 18" or longer  |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                      | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>ANN</b><br>Carver 10001200        | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>ANN</b><br>Kanabec 33004000       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |
|                                      | White Sucker     | All sizes    |                  |                |            |              |

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**Meal Advice**

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|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>ANN</b><br>Wright 86019000          | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>ANNA</b><br>Otter Tail 56044800     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>ARMSTRONG</b><br>St. Louis 69027800 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>ARTICHOKE</b><br>Big Stone 06000200 | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>ARVILLA</b><br>Meeker 47002300      | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>ASH</b><br>St. Louis 69086400       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>ASPEN</b><br>Cook 16020400          | Northern Pike    |                     | shorter than 18"     | 18" - 35"             | 35" or longer     | Mercury             |
|  | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     | shorter than 15"     | 15" or longer         |                   | Mercury             |
|  | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |

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|--|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>ASPEN</b><br>Itasca 31069000        | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
|  | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>ASTRID</b><br>St. Louis 69058900    | Northern Pike    |              |                  | shorter than 19" | 19" or longer | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
|  | White Sucker     |              |                  | All sizes        |               | Mercury      |
| <b>AUBURN</b><br>Carver 10004400       | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|  | Bullhead         | All sizes    |                  |                  |               |              |
|  | Northern Pike    |              | All sizes        |                  |               | Mercury      |
| <b>AUGUST</b><br>Lake 38069100         | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
|  | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>AUTO</b><br>St. Louis 69073100      | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>BABY</b><br>Cass 11028300           | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|  | Cisco            | All sizes    |                  |                  |               |              |
|  | Northern Pike    |              | shorter than 23" | 23" or longer    |               | Mercury      |
|  | Smallmouth Bass  |              | All sizes        |                  |               | Mercury      |
|  | Walleye          |              | shorter than 16" | 16" or longer    |               | Mercury      |
| <b>BAD MEDICINE</b><br>Becker 03008500 | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|  | Rainbow Trout    | All sizes    |                  |                  |               |              |
|  | Rock Bass        |              | All sizes        |                  |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
|  | White Sucker     |              |                  | All sizes        |               | Mercury      |
|  | Yellow Perch     |              | All sizes        |                  |               | Mercury      |

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|--------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>BALD EAGLE</b><br>Ramsey 62000200 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                      | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                      | Walleye          |                     | shorter than 22"     | 22" or longer         |                   | Mercury             |
| <b>BALL BLUFF</b><br>Aitkin 01004600 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                                      | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>BALL CLUB</b><br>Cook 16018200    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                      | Walleye          |                     | shorter than 15"     | 15" or longer         |                   | Mercury             |
|                                      | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BALL CLUB</b><br>Itasca 31081200  | Cisco            | All sizes           |                      |                       |                   |                     |
|                                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     | shorter than 16"     | 16" or longer         |                   | Mercury             |
| <b>BALM</b><br>Beltrami 04032900     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                      | Bullhead         | All sizes           |                      |                       |                   |                     |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                      | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>BALSAM</b><br>Itasca 31025900     | Cisco            | All sizes           |                      |                       |                   |                     |
|                                      | Crappie          | All sizes           |                      |                       |                   |                     |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>BALSAM</b><br>Lake 38024500       | Brook Trout      |                     |                      | All sizes             |                   | Mercury             |
|                                      | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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| <b>BAN</b><br>St. Louis 69074200        | Bluegill Sunfish |              |               | All sizes        |               | Mercury      |
|   | Crappie          |              |               | All sizes        |               | Mercury      |
|   | Northern Pike    |              |               | shorter than 24" | 24" or longer | Mercury      |
|   | Smallmouth Bass  |              |               | All sizes        |               | Mercury      |
|   | Walleye          |              |               | All sizes        |               | Mercury      |
|   | White Sucker     |              |               | All sizes        |               | Mercury      |
| <b>BARKER</b><br>Cook 16035800          | Northern Pike    |              |               | All sizes        |               | Mercury      |
|   | Walleye          |              |               | All sizes        |               | Mercury      |
|   | Yellow Perch     |              | All sizes     |                  |               | Mercury      |
| <b>BARRETT</b><br>Grant 26009500        | Crappie          |              | All sizes     |                  |               | Mercury      |
|   | Northern Pike    |              | All sizes     |                  |               | Mercury      |
|   | Walleye          |              |               | All sizes        |               | Mercury      |
|   | White Sucker     | All sizes    |               |                  |               |              |
|   | Yellow Perch     |              | All sizes     |                  |               | Mercury      |
| <b>BARTLETT</b><br>Koochiching 36001800 | Crappie          |              | All sizes     |                  |               | Mercury      |
|   | Northern Pike    |              | All sizes     |                  |               | Mercury      |
| <b>BASS</b><br>Faribault 22007400       | Bluegill Sunfish | All sizes    |               |                  |               |              |
|   | Northern Pike    |              | All sizes     |                  |               | Mercury      |
|   | Walleye          |              | All sizes     |                  |               | Mercury      |
| <b>BASS</b><br>Itasca 31031600          | Largemouth Bass  |              |               | All sizes        |               | Mercury      |
|   | Northern Pike    |              |               | All sizes        |               | Mercury      |
|   | Smallmouth Bass  |              | All sizes     |                  |               | Mercury      |
| <b>BASS</b><br>Itasca 31057600          | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|   | Cisco            |              | All sizes     |                  |               | Mercury      |
|   | Northern Pike    |              |               | All sizes        |               | Mercury      |
|   | Walleye          |              |               | All sizes        |               | Mercury      |
|   | White Sucker     | All sizes    |               |                  |               |              |

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|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Pine 58012800       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>BASS</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69006300  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BASS</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69044600  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>BASS</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69055300  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | shorter than 24"     | 24" or longer         |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>BASS</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Wright 86023400     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
| <b>BASSETT</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69004100  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>BASSWOOD</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38064500       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>BATTLE CREEK</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Washington 82009100 | Bluegill Sunfish |                     | All sizes            |                       |                   | PFOS                |
|                     | Bullhead         | All sizes           |                      |                       |                   |                     |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury PFOS        |

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**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>BAVARIA</b>     |                  |                     |                      |                       |                   |                     |
| Carver 10001900    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | shorter than 21"     | 21" or longer         |                   | Mercury             |
| <b>BAY</b>         |                  |                     |                      |                       |                   |                     |
| Crow Wing 18003400 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Cisco            | All sizes           |                      |                       |                   |                     |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>BEAN</b>        |                  |                     |                      |                       |                   |                     |
| Lake 38040900      | Rainbow Trout    | All sizes           |                      |                       |                   |                     |
|                    | Splake           |                     | All sizes            |                       |                   | Mercury             |
| <b>BEAR</b>        |                  |                     |                      |                       |                   |                     |
| Freeborn 24002800  | Carp             | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>BEAR</b>        |                  |                     |                      |                       |                   |                     |
| Lake 38040500      | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>BEAR ISLAND</b> |                  |                     |                      |                       |                   |                     |
| St. Louis 69011500 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | shorter than 18"     | 18" or longer         |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BEARHEAD</b>    |                  |                     |                      |                       |                   |                     |
| St. Louis 69025400 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | shorter than 17"     | 17" or longer         |                   | Mercury             |
| <b>BEARSKIN</b>    |                  |                     |                      |                       |                   |                     |
| Cook 16022800      | Lake Trout       |                     | All sizes            |                       |                   | Mercury             |
|                    | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |

**Notes:**

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                          | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|------------------------------------|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>BEAST</b><br>St. Louis 69083700 | Northern Pike    |              |                  | shorter than 23" | 23" or longer | Mercury      |
|                                    | Smallmouth Bass  |              |                  | All sizes        |               | Mercury      |
|                                    | White Sucker     |              |                  | All sizes        |               | Mercury      |
| <b>BEAUTY</b><br>Hubbard 29029200  | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                    | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                    | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>BEAUTY</b><br>Itasca 31002800   | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                    | Walleye          |              |                  | All sizes        |               | Mercury      |
|                                    | White Sucker     | All sizes    |                  |                  |               |              |
| <b>BEAVER</b><br>Ramsey 62001600   | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                    | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
| <b>BEAVER</b><br>Steele 74002300   | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|                                    | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                    | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                    | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>BEAVER HUT</b><br>Lake 38073700 | White Sucker     |              | All sizes        |                  |               | Mercury      |
|                                    | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>BEEBE</b><br>Wright 86002300    | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|                                    | Bullhead         |              | All sizes        |                  |               | Mercury      |
|                                    | Walleye          |              | shorter than 17" | 17" or longer    |               | Mercury      |
| <b>BEETLE</b><br>Lake 38055100     | Brook Trout      |              | All sizes        |                  |               | Mercury      |
| <b>BELL</b><br>St. Louis 69080500  | Northern Pike    |              |                  | All sizes        |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b><br><b>County DOWID*</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>BELLE</b><br>Meeker 47004900          | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>BELLE TAINE</b><br>Hubbard 29014600   | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BELLO</b><br>Itasca 31072600          | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>BELTRAMI</b><br>Beltrami 04013500     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | shorter than 21"     | 21" or longer         |                   | Mercury             |
|  | Rock Bass        |                     | All sizes            |                       |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BEMIDJI</b><br>Beltrami 04013000      | Cisco            | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |
|  | Yellow Perch     | All sizes           |                      |                       |                   |                     |
| <b>BENEDICT</b><br>Hubbard 29004800      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | shorter than 30"      | 30" or longer     | Mercury             |
|  | Walleye          |                     |                      | shorter than 25"      | 25" or longer     | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                         | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-----------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>BENNETT</b><br>Ramsey 62004800 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                   | Channel Catfish  |              | All sizes        |                |            | Mercury      |
|                                   | Crappie          |              | All sizes        |                |            | PFOS         |
|                                   | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury PFOS |
| <b>BENSON</b><br>Lake 38001800    | Splake           |              |                  | All sizes      |            | Mercury      |
| <b>BENTON</b><br>Lincoln 41004300 | Crappie          |              | All sizes        |                |            | Mercury      |
|                                   | Walleye          |              | shorter than 15" | 15" or longer  |            | Mercury      |
|                                   | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>BETTY</b><br>Meeker 47004200   | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                   | Crappie          |              | All sizes        |                |            | Mercury      |
|                                   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>BIG</b><br>Beltrami 04004900   | Northern Pike    |              | shorter than 22" | 22" or longer  |            | Mercury      |
|                                   | Walleye          |              | All sizes        |                |            | Mercury      |
|                                   | White Sucker     | All sizes    |                  |                |            |              |
|                                   | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>BIG</b><br>Carlton 09003200    | Crappie          |              |                  | All sizes      |            | Mercury      |
|                                   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>BIG</b><br>St. Louis 69005000  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>BIG</b><br>St. Louis 69019000  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                   | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|                                   | Walleye          |              | shorter than 15" | 15" or longer  |            | Mercury      |
|                                   | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                   | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| <b>BIG</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Sherburne 71008200 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Carp             |                     | All sizes            |                       |                   | Mercury PCBs        |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|                    | Walleye          |                     |                      |                       | All sizes         | Mercury             |
| <b>BIG</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Stearns 73015900   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|                    | Walleye          |                     |                      |                       | All sizes         | Mercury             |
| <b>BIG</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Todd 77006300      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>BIG BASS</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Beltrami 04013200  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BIG BASS</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Mahnomen 44000600  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|                    | Smallmouth Bass  |                     |                      |                       | All sizes         | Mercury             |
|                    | Walleye          |                     |                      |                       | All sizes         | Mercury             |
| <b>BIG BEAR</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69011300 | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                    | Yellow Perch     |                     |                      |                       | All sizes         | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|----------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>BIG BIRCH</b>     |                  |              |                  |                |            |              |
| Todd 77008400        | Carp             | All sizes    |                  |                |            |              |
|                      | Cisco            |              | All sizes        |                |            | Mercury      |
|                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                      | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                      | Redhorse Sucker  | All sizes    |                  |                |            |              |
|                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                      | White Sucker     | All sizes    |                  |                |            |              |
| <b>BIG CARNELIAN</b> |                  |              |                  |                |            |              |
| Washington 82004900  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                      | Bullhead         |              |                  | All sizes      |            | Mercury      |
|                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                      | White Sucker     | All sizes    |                  |                |            |              |
| <b>BIG CORMORANT</b> |                  |              |                  |                |            |              |
| Becker 03057600      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                      | Carp             |              | All sizes        |                |            | Mercury      |
|                      | Northern Pike    |              | shorter than 19" | 19" or longer  |            | Mercury      |
|                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                      | White Sucker     | All sizes    |                  |                |            |              |
| <b>BIG FISH</b>      |                  |              |                  |                |            |              |
| Stearns 73010600     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                      | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                      | White Sucker     | All sizes    |                  |                |            |              |
| <b>BIG KANDIYOHI</b> |                  |              |                  |                |            |              |
| Kandiyohi 34008600   | Bullhead         |              | All sizes        |                |            | Mercury      |
|                      | Carp             |              | All sizes        |                |            | Mercury      |
|                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                      | Walleye          |              | shorter than 24" | 24" or longer  |            | Mercury      |
|                      | White Sucker     |              | All sizes        |                |            | Mercury      |
|                      | Yellow Perch     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                  | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|---------------|----------------|------------|--------------|
| <b>BIG MARINE</b><br>Washington 82005200   | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Bullhead         |              | All sizes     |                |            | Mercury      |
|  | Crappie          |              |               | All sizes      |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>BIG MCDONALD</b><br>Otter Tail 56038601 | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
| <b>BIG MOOSE</b><br>St. Louis 69031600     | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>BIG PINE</b><br>Aitkin 01015700         | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Crappie          |              | All sizes     |                |            | Mercury      |
|  | Sunfish          |              | All sizes     |                |            | Mercury      |
| <b>BIG PINE</b><br>Otter Tail 56013000     | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Cisco            |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              | All sizes     |                |            | Mercury      |
|  | Yellow Perch     | All sizes    |               |                |            |              |
| <b>BIG PINE</b><br>Pine 58013800           | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Crappie          | All sizes    |               |                |            |              |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>BIG PORTAGE</b><br>Cass 11030800        | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
|  | Yellow Perch     |              | All sizes     |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>               | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>BIG SAND</b>                |                  |                     |                      |                       |                   |                     |
| Cass 11007700                  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                | Crappie          | All sizes           |                      |                       |                   |                     |
|                                | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                | Yellow Perch     | All sizes           |                      |                       |                   |                     |
| <b>BIG SAND</b>                |                  |                     |                      |                       |                   |                     |
| Hubbard 29018500               | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                | Northern Pike    |                     | shorter than 25"     | 25" or longer         |                   | Mercury             |
|                                | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                                | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BIG SANDY</b>               |                  |                     |                      |                       |                   |                     |
| Aitkin 01006200                | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>BIG STONE</b>               |                  |                     |                      |                       |                   |                     |
| Big Stone 06015200             | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                | Buffalo          | All sizes           |                      |                       |                   |                     |
|                                | Bullhead         | All sizes           |                      |                       |                   |                     |
|                                | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                | Freshwater Drum  | All sizes           |                      |                       |                   |                     |
|                                | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                | Walleye          |                     | shorter than 18"     | 18" or longer         |                   | Mercury             |
|                                | White Bass       |                     | All sizes            |                       |                   | Mercury             |
|                                | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                                | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>BIG STONE NWR EAST POOL</b> |                  |                     |                      |                       |                   |                     |
| Lac Qui Parle 37035100         | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>BIG STONE NWR WEST POOL</b> |                  |                     |                      |                       |                   |                     |
| Lac Qui Parle 37035600         | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |

**Notes:**

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>BIG STONY</b><br>Hubbard 29014300   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | shorter than 25"     | 25" or longer         |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>BIG SWAN</b><br>Meeker 47003800     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Channel Catfish  |                     |                      | All sizes             |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>BIG SWAN</b><br>Todd 77002300       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>BIG TROUT</b><br>Crow Wing 18031500 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Lake Whitefish   | All sizes           |                      |                       |                   |                     |
|  | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>BIG TWIN</b><br>Martin 46013300     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>BINAGAMI</b><br>Cook 16009800       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>BINGSHICK</b><br>Cook 16062700      | Brook Trout      |                     |                      | All sizes             |                   | Mercury             |
| <b>BIRCH</b><br>Cass 11041200          | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>BIRCH</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Cook 16024700       | Lake Trout       |                     | All sizes            |                       |                   | Mercury             |
|                     | Rainbow Trout    | All sizes           |                      |                       |                   |                     |
|                     | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Splake           |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BIRCH</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38053200       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                     | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                     | Northern Pike    |                     | shorter than 24"     | 24" or longer         |                   | Mercury             |
|                     | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
|                     | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>BIRCH</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69000300  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BLACK DUCK</b>   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69084200  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | shorter than 21"     | 21" or longer         |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BLACK HOOF</b>   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Crow Wing 18011700  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>BLACK ISLAND</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Itasca 31041600     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>BLACKDUCK</b><br>Beltrami 04006900 | Bullhead         | All sizes    |                  |                |            |              |
|                                       | Lake Whitefish   | All sizes    |                  |                |            |              |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              | shorter than 21" | 21" or longer  |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                       | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>BLACKHAWK</b><br>Dakota 19005900   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          |              |                  | All sizes      |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>BLACKWATER</b><br>Cass 11027400    | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                       | Cisco            |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          | All sizes    |                  |                |            |              |
|                                       | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Smallmouth Bass  |              | shorter than 14" | 14" or longer  |            | Mercury      |
|                                       | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
| <b>BLACKWATER</b><br>Itasca 31056100  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>BLANCHE</b><br>Otter Tail 56024000 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Bullhead         |              |                  | All sizes      |            | Mercury      |
|                                       | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>BLANDIN</b><br>Itasca 31053300     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Bullhead         |              |                  | All sizes      |            | Mercury      |
|                                       | Cisco            |              | All sizes        |                |            | Mercury      |
|                                       | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                       | Redhorse Sucker  |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>BLIND</b>     |                  |                     |                      |                       |                   |                     |
| Aitkin 01018800  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                  | Crappie          | All sizes           |                      |                       |                   |                     |
|                  | Northern Pike    |                     | shorter than 30"     | 30" or longer         |                   | Mercury             |
| <b>BLUE</b>      |                  |                     |                      |                       |                   |                     |
| Hubbard 29018400 | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                  | Rainbow Trout    |                     | All sizes            |                       |                   | Mercury             |
|                  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BLUEBERRY</b> |                  |                     |                      |                       |                   |                     |
| Wadena 80003400  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                  | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                  | Crappie          | All sizes           |                      |                       |                   |                     |
|                  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                  | Walleye          |                     | shorter than 22"     | 22" or longer         |                   | Mercury             |
| <b>BOG</b>       |                  |                     |                      |                       |                   |                     |
| Lake 38044300    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>BOLFING</b>   |                  |                     |                      |                       |                   |                     |
| Stearns 73008800 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                  | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                  | Channel Catfish  |                     | shorter than 22"     | 22" or longer         |                   | Mercury             |
|                  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                  | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                  | Redhorse Sucker  |                     | All sizes            |                       |                   | Mercury             |
|                  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BONE</b>      |                  |                     |                      |                       |                   |                     |
| Lake 38006500    | Brown Trout      |                     |                      | All sizes             |                   | Mercury             |
|                  | Rainbow Trout    |                     | All sizes            |                       |                   | Mercury             |
|                  | Splake           |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat    | Contaminants |
|--------------------------------------|------------------|--------------|------------------|----------------|---------------|--------------|
| <b>BONE</b><br>Washington 82005400   | Bluegill Sunfish |              | All sizes        |                |               | Mercury      |
|                                      | Bullhead         |              | All sizes        |                |               | Mercury      |
|                                      | Crappie          | All sizes    |                  |                |               |              |
|                                      | Northern Pike    |              | shorter than 31" | 31" or longer  |               | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |               | Mercury      |
| <b>BOOT</b><br>Becker 03003000       | Bluegill Sunfish |              | All sizes        |                |               | Mercury      |
|                                      | Largemouth Bass  |              |                  | All sizes      |               | Mercury      |
|                                      | Northern Pike    |              | shorter than 17" | 17" - 29"      | 29" or longer | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |               | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |               | Mercury      |
| <b>BORDEN</b><br>Crow Wing 18002000  | Bluegill Sunfish |              | All sizes        |                |               | Mercury      |
|                                      | Cisco            |              | All sizes        |                |               | Mercury      |
|                                      | Crappie          |              | All sizes        |                |               | Mercury      |
|                                      | Largemouth Bass  |              |                  | All sizes      |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |               | Mercury      |
|                                      | Smallmouth Bass  |              |                  | All sizes      |               | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |               | Mercury      |
| <b>BOTKERS</b><br>Big Stone 06012100 | Carp             |              |                  | All sizes      |               | Mercury      |
|                                      | Crappie          |              | All sizes        |                |               | Mercury      |
|                                      | Walleye          |              | All sizes        |                |               | Mercury      |
| <b>BOUDER</b><br>Cook 16038300       | Smallmouth Bass  |              |                  | All sizes      |               | Mercury      |
|                                      | Walleye          |              | All sizes        |                |               | Mercury      |
|                                      | White Sucker     | All sizes    |                  |                |               |              |
| <b>BOULDER</b><br>Hubbard 29016200   | Bluegill Sunfish | All sizes    |                  |                |               |              |
|                                      | Crappie          | All sizes    |                  |                |               |              |
|                                      | Largemouth Bass  |              | All sizes        |                |               | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |               | Mercury      |
|                                      | Walleye          |              | shorter than 21" | 21" or longer  |               | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>BOULDER</b><br>St. Louis 69037300 | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>BOWER TROUT</b><br>Cook 16017500  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>BOWSTRING</b><br>Itasca 31081300  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                      | Walleye          |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
| <b>BOY</b><br>Cass 11014300          | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                      | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
|                                      | White Sucker     | All sizes           |                      |                       |                   |                     |
| Yellow Perch                         |                  |                     | All sizes            |                       |                   | Mercury             |
| <b>BRIAR</b><br>St. Louis 69012800   | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>BRIGGS</b><br>Sherburne 71014600  | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>BRIGHT</b><br>Martin 46005200     | Carp             | All sizes           |                      |                       |                   |                     |
|                                      | Crappie          | All sizes           |                      |                       |                   |                     |
|                                      | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>BRONSON</b><br>Kittson 35000300   | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     |                      | shorter than 17"      | 17" or longer     | Mercury             |
|                                      | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
|                                      | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>BROWN</b><br>St. Louis 69083900   | Northern Pike    |                     |                      | shorter than 23"      | 23" or longer     | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>BROWNIE</b><br>Hennepin 27003800    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BROWNS</b><br>Lake 38078000         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|  | Northern Pike    |                     | shorter than 21"     | 21" or longer         |                   | Mercury             |
|  | Walleye          |                     | shorter than 18"     | 18" or longer         |                   | Mercury             |
| <b>BRULE</b><br>Cook 16034800          | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|  | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     | shorter than 16"     | 16" or longer         |                   | Mercury             |
| <b>BRYANT</b><br>Hennepin 27006700     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|  | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|  | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
| <b>BUCHANAN</b><br>Otter Tail 56020900 | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
| <b>BUCK</b><br>Itasca 31006900         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     | shorter than 22"     | 22" or longer         |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>BUDD</b><br>Martin 46003000         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|  | Carp             | All sizes           |                      |                       |                   |                     |
|  | Channel Catfish  | All sizes           |                      |                       |                   |                     |
|  | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Yellow Perch     | All sizes           |                      |                       |                   |                     |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>BUFFALO</b><br>Wright 86009000      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Channel Catfish  |                     |                      | All sizes             |                   | Mercury             |
|  | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | Yellow Perch     | All sizes           |                      |                       |                   |                     |
| <b>BUNNY</b><br>Lake 38029300          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>BURANDT</b><br>Carver 10008400      | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|  | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|  | Freshwater Drum  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>BURGEN</b><br>Douglas 21004900      | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>BURNTSIDE</b><br>St. Louis 69011800 | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
|  | Lake Whitefish   |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | shorter than 30"      | 30" or longer     | Mercury             |
|  | Walleye          |                     | shorter than 10"     | 10" - 23"             | 23" or longer     | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>BUSH</b><br>Hennepin 27004700       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>BUTTON BOX</b><br>Itasca 31017500   | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| LAKE NAME<br>County DOWID*             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>BYLLESBY</b><br>Dakota 19000600     | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Channel Catfish  |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | River Carpsucker |              | All sizes        |                |            | Mercury      |
|  | Smallmouth Bass  | All sizes    |                  |                |            |              |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
| White Bass                             |                  |              | All sizes        |                |            | Mercury      |
| <b>CADOTTE</b><br>St. Louis 69011400   | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>CALHOUN</b><br>Hennepin 27003100    | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|  | Crappie          |              | All sizes        |                |            | Mercury PFOS |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury PFOS |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury PFOS |
|  | Walleye          |              | shorter than 15" | 15" or longer  |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>CALHOUN</b><br>Kandiyohi 34006200   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Carp             | All sizes    |                  |                |            |              |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>CAMP</b><br>Swift 76007200          | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>CANISTEO PIT</b><br>Itasca 31128200 | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Lake Trout       |              | All sizes        |                |            | Mercury      |
|  | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|--------------------------------------|------------------|--------------|---------------|----------------|------------|--------------|
| <b>CANNON</b><br>Rice 66000800       | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                                      | Bullhead         | All sizes    |               |                |            |              |
|                                      | Carp             | All sizes    |               |                |            |              |
|                                      | Channel Catfish  |              | All sizes     |                |            | Mercury      |
|                                      | Crappie          |              | All sizes     |                |            | Mercury      |
|                                      | Freshwater Drum  |              | All sizes     |                |            | Mercury      |
|                                      | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                                      | Walleye          |              | All sizes     |                |            | Mercury      |
|                                      | White Bass       |              |               | All sizes      |            | Mercury      |
|                                      | White Sucker     |              | All sizes     |                |            | Mercury      |
| Yellow Perch                         | All sizes        |              |               |                |            |              |
| <b>CARIBOU</b><br>Cook 16036000      | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                      | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
|                                      | Walleye          |              | All sizes     |                |            | Mercury      |
|                                      | White Sucker     | All sizes    |               |                |            |              |
|                                      | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>CARIBOU</b><br>Itasca 31062000    | Lake Trout       |              | All sizes     |                |            | Mercury      |
|                                      | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                      | Rock Bass        |              | All sizes     |                |            | Mercury      |
|                                      | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
|                                      | Walleye          |              |               | All sizes      |            | Mercury      |
|                                      | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>CARIBOU</b><br>St. Louis 69048900 | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                                      | Walleye          |              | All sizes     |                |            | Mercury      |
|                                      | White Sucker     | All sizes    |               |                |            |              |

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>CARLOS</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Douglas 21005700    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                     | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Rock Bass        |                     |                      | All sizes             |                   | Mercury             |
|                     | Sunfish          |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| White Sucker        |                  |                     | All sizes            |                       | Mercury           |                     |
| <b>CARR</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Beltrami 04014100   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>CARRIE</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Kandiyohi 34003200  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          | All sizes           |                      |                       |                   |                     |
| <b>CARROT</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16007100       | Brook Trout      |                     |                      | All sizes             |                   | Mercury             |
| <b>CARVER</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Washington 82016600 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury PFOS        |
|                     | Sunfish          | All sizes           |                      |                       |                   |                     |
| <b>CASCADE</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16034600       | Northern Pike    |                     | shorter than 23"     | 23" or longer         |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| CASS              | Species       | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-------------------|---------------|--------------|------------------|----------------|------------|--------------|
| Beltrami 04003000 | Cisco         |              | All sizes        |                |            | Mercury      |
|                   | Northern Pike |              | shorter than 24" | 24" or longer  |            | Mercury      |
|                   | Walleye       |              |                  | All sizes      |            | Mercury      |
|                   | White Sucker  |              | All sizes        |                |            | Mercury      |
|                   | Yellow Perch  |              | All sizes        |                |            | Mercury      |

White fish from this lake contain dioxin, a chemical that may cause cancer in humans. Meat and dairy products also contain dioxin. At this time, MDH does not provide meal advice based on dioxin in fish. Although mercury levels in whitefish are low, you can reduce your exposure to dioxin by choosing to eat a different species and following the consumption guidelines for that species.

| CEDAR           | Species       | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|-----------------|---------------|--------------|---------------|----------------|------------|--------------|
| Aitkin 01020900 | Cisco         |              | All sizes     |                |            | Mercury      |
|                 | Crappie       |              | All sizes     |                |            | Mercury      |
|                 | Northern Pike |              |               | All sizes      |            | Mercury      |
|                 | Walleye       |              |               | All sizes      |            | Mercury      |

| CEDAR             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-------------------|------------------|--------------|------------------|----------------|------------|--------------|
| Hennepin 27003900 | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|                   | Carp             |              | All sizes        |                |            | Mercury      |
|                   | Crappie          |              |                  | All sizes      |            | Mercury PFOS |
|                   | Largemouth Bass  |              | shorter than 11" | 11" or longer  |            | Mercury PFOS |
|                   | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury PFOS |
|                   | Walleye          |              |                  | All sizes      |            | Mercury PFOS |

| CEDAR         | Species       | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------|---------------|--------------|------------------|----------------|------------|--------------|
| Lake 38081000 | Northern Pike |              | shorter than 24" | 24" or longer  |            | Mercury      |
|               | Walleye       |              | All sizes        |                |            | Mercury      |
|               | White Sucker  |              | All sizes        |                |            | Mercury      |
|               | Yellow Perch  |              | All sizes        |                |            | Mercury      |

| CEDAR           | Species       | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|-----------------|---------------|--------------|---------------|----------------|------------|--------------|
| McLeod 43011500 | Carp          | All sizes    |               |                |            |              |
|                 | Crappie       | All sizes    |               |                |            |              |
|                 | Northern Pike |              | All sizes     |                |            | Mercury      |

| CEDAR           | Species      | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|-----------------|--------------|--------------|---------------|----------------|------------|--------------|
| Martin 46012100 | Carp         | All sizes    |               |                |            |              |
|                 | Yellow Perch | All sizes    |               |                |            |              |

| CEDAR             | Species         | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|-------------------|-----------------|--------------|---------------|----------------|------------|--------------|
| Morrison 49014000 | Largemouth Bass |              |               | All sizes      |            | Mercury      |
|                   | Northern Pike   |              |               | All sizes      |            | Mercury      |
|                   | Sunfish         |              | All sizes     |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                               | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>CEDAR</b><br>Rice 66005200           | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>CEDAR</b><br>Scott 70009100          | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
|   | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>CEDAR</b><br>Wright 86022700         | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>CEDAR ISLAND</b><br>Stearns 73013300 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Carp             |              | All sizes        |                |            | Mercury      |
|   | Channel Catfish  |              | shorter than 22" | 22" or longer  |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Redhorse Sucker  |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
| White Sucker                            |                  | All sizes    |                  |                | Mercury    |              |
| <b>CENTERVILLE</b><br>Anoka 02000600    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Carp             | All sizes    |                  |                |            |              |
|   | Crappie          | All sizes    |                  |                |            |              |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>CHARLOTTE</b><br>Wright 86001100   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>CHESTER</b><br>Cook 16003300       | Brown Trout      |              |                  | All sizes      |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>CHIPPEWA</b><br>Douglas 21014500   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Carp             |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                       | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>CHISAGO</b><br>Chisago 13001200    | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                       | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>CHRISTIANSON</b><br>Lake 38075000  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>CHRISTINE</b><br>Cook 16037300     | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|                                       | Walleye          |              | All sizes        |                |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                       | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>CHRISTMAS</b><br>Hennepin 27013700 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Carp             |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              | shorter than 19" | 19" or longer  |            | Mercury      |
|                                       | Rainbow Trout    | All sizes    |                  |                |            |              |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>CHUB</b><br>Carlton 09000800      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                      | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                      | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>CIRCLE</b><br>Rice 66002700       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                      | Carp             | All sizes           |                      |                       |                   |                     |
|                                      | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                      | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Yellow Perch     | All sizes           |                      |                       |                   |                     |
| <b>CLARA</b><br>Cook 16036500        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     | shorter than 14"     | 14" - 25"             | 25" or longer     | Mercury             |
|                                      | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                                      | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>CLEAR</b><br>Aitkin 01009300      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                      | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                                      | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>CLEAR</b><br>Koochiching 36001100 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     | shorter than 25"     | 25" or longer         |                   | Mercury             |
| <b>CLEAR</b><br>Lake 38072200        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                      | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                      | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>CLEAR</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Le Sueur 40007900   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>CLEAR</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Meeker 47009500     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>CLEAR</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69074700  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>CLEAR</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69079900  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>CLEAR</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Waseca 81001400     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         | All sizes           |                      |                       |                   |                     |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>CLEAR</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Washington 82016300 | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Walleye          |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
| <b>CLEARWATER</b>   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Beltrami 04034300   | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | shorter than 21"     | 21" or longer         |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>CLEARWATER</b><br>Cook 16013900       | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Lake Trout       |              | shorter than 20" | 20" or longer  |            | Mercury      |
|  | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>CLEARWATER</b><br>Crow Wing 18003800  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | shorter than 23" | 23" or longer  |            | Mercury      |
|  | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury      |
|  |                  |              |                  |                |            |              |
| <b>CLEARWATER</b><br>Wright 86025200     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  |                  |              |                  |                |            |              |
| <b>CLEARY</b><br>Scott 70002200          | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         | All sizes    |                  |                |            |              |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>CLITHERALL</b><br>Otter Tail 56023800 | Bass             |              |                  | All sizes      |            | Mercury      |
|  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Carp             | All sizes    |                  |                |            |              |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>CLOQUET</b><br>Lake 38053900          | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME           | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|---------------------|------------------|--------------|---------------|----------------|------------|--------------|
| <b>CLUB WEST</b>    |                  |              |               |                |            |              |
| Anoka 02076400      | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                     | Crappie          |              | All sizes     |                |            | Mercury      |
|                     | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                     | Walleye          |              | All sizes     |                |            | Mercury      |
| <b>CLUBHOUSE</b>    |                  |              |               |                |            |              |
| Itasca 31054000     | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                     | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                     | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>COE</b>          |                  |              |               |                |            |              |
| St. Louis 69056200  | Bluegill Sunfish |              |               | All sizes      |            | Mercury      |
|                     | Crappie          |              | All sizes     |                |            | Mercury      |
|                     | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|                     | Northern Pike    |              |               |                | All sizes  | Mercury      |
|                     | Yellow Perch     |              |               | All sizes      |            | Mercury      |
| <b>COFFEE</b>       |                  |              |               |                |            |              |
| Lake 38006400       | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                     | Walleye          |              |               | All sizes      |            | Mercury      |
|                     | White Sucker     |              |               | All sizes      |            | Mercury      |
|                     | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>COKATO</b>       |                  |              |               |                |            |              |
| Wright 86026300     | Carp             |              | All sizes     |                |            | Mercury      |
|                     | Crappie          |              | All sizes     |                |            | Mercury      |
|                     | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                     | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
|                     | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>COLBY</b>        |                  |              |               |                |            |              |
| St. Louis 69024900  | Bluegill Sunfish |              |               | All sizes      |            | Mercury      |
|                     | Crappie          |              |               | All sizes      |            | Mercury      |
|                     | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                     | Walleye          |              |               |                | All sizes  | Mercury      |
|                     | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>COLBY</b>        |                  |              |               |                |            |              |
| Washington 82009400 | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                     | Crappie          |              | All sizes     |                |            | Mercury      |
|                     | Northern Pike    |              |               | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                               | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>COLLINWOOD</b><br>Wright 86029300    | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Carp             |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>COMFORT</b><br>Chisago 13005300      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Carp             |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
|   |                  |              |                  |                |            |              |
| <b>COMO</b><br>Ramsey 62005500          | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | PFOS         |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | PFOS         |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   |                  |              |                  |                |            |              |
| <b>CONCHU</b><br>Lake 38072000          | Brook Trout      |              | All sizes        |                |            | Mercury      |
|   |                  |              |                  |                |            |              |
| <b>COON</b><br>Anoka 02004200           | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
|   |                  |              |                  |                |            |              |
| <b>COON-SANDWICK</b><br>Itasca 31052400 | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | shorter than 22" | 22" or longer  |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
|   |                  |              |                  |                |            |              |
| <b>CORNELIA</b><br>Hennepin 27002800    | Carp             | All sizes    |                  |                |            |              |
|   | Crappie          | All sizes    |                  |                |            |              |
|   |                  |              |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>COTTON</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Becker 03028600    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>COTTONWOOD</b>  | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lyon 42001400      | Carp             | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>CRAB</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16035700      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>CRAB</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69022000 | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|                    | Smallmouth Bass  |                     |                      |                       | All sizes         | Mercury             |
| <b>CRANE</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69061600 | Cisco            |                     |                      | All sizes             |                   | Mercury             |
|                    | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|                    | Sauger           |                     |                      |                       | All sizes         | Mercury             |
|                    | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | shorter than 15"      | 15" or longer     | Mercury             |
|                    | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
|                    | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>CRELLIN</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69045900 | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>CRESCENT</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16045400      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>CROCODILE</b>   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16011900      | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| CROOKED            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|--------------------|------------------|--------------|------------------|------------------|---------------|--------------|
| Anoka 02008400     | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                    | Bullhead         |              |                  | All sizes        |               | Mercury      |
|                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                    | White Sucker     | All sizes    |                  |                  |               |              |
| CROOKED            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Cass 11049400      | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|                    | Cisco            |              | All sizes        |                  |               | Mercury      |
|                    | Crappie          | All sizes    |                  |                  |               |              |
|                    | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                    | Walleye          |              |                  | All sizes        |               | Mercury      |
|                    | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| CROOKED            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Cook 16072300      | Lake Trout       |              | All sizes        |                  |               | Mercury      |
|                    | White Sucker     |              | All sizes        |                  |               | Mercury      |
| CROOKED            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Crow Wing 18004100 | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|                    | Cisco            | All sizes    |                  |                  |               |              |
|                    | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|                    | Northern Pike    |              | shorter than 18" | 18" or longer    |               | Mercury      |
| CROOKED            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Itasca 31019300    | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                    | Cisco            |              | All sizes        |                  |               | Mercury      |
|                    | Crappie          |              | All sizes        |                  |               | Mercury      |
|                    | Northern Pike    |              |                  | shorter than 32" | 32" or longer | Mercury      |
|                    | Walleye          |              |                  | All sizes        |               | Mercury      |
|                    | White Sucker     |              |                  | All sizes        |               | Mercury      |
| CROOKED            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Lake 38002400      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                    | Smallmouth Bass  |              |                  | All sizes        |               | Mercury      |
|                    | Walleye          |              |                  | All sizes        |               | Mercury      |
|                    | Yellow Perch     |              | All sizes        |                  |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>CROOKED</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Lake 38081700          | Lake Whitefish   |                     | All sizes            |                       |                   | Mercury             |
|                        | Northern Pike    |                     |                      | shorter than 27"      | 27" or longer     | Mercury             |
|                        | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                        | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>CROSS</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Carlton 09006200       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                        | Bowfin           |                     |                      | All sizes             |                   | Mercury             |
|                        | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                        | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>CROSS</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Pine 58011900          | Freshwater Drum  |                     | All sizes            |                       |                   | Mercury             |
|                        | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                        | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>CROSS LAKE RES.</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Crow Wing 18031200     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                        | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                        | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                        | Largemouth Bass  |                     | shorter than 14"     | 14" or longer         |                   | Mercury             |
|                        | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                        | Walleye          |                     | shorter than 16"     | 16" or longer         |                   | Mercury             |
| <b>CROSS RIVER</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38000200          | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                        | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                        | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                        | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                        | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>CROSSCUT</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38025700          | Brook Trout      |                     | All sizes            |                       |                   | Mercury             |
| <b>CROW WING</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Crow Wing 18015500     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                        | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                        | Crappie          | All sizes           |                      |                       |                   |                     |
|                        | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                        | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                        | Walleye          |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |

**Notes:**

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>CRUISER</b><br>St. Louis 69083200     | Brown Trout      |                     |                      | All sizes             |                   | Mercury             |
|  | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
| <b>CRUM</b><br>Itasca 31017100           | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  |                  |                     |                      |                       |                   |                     |
| <b>CRYSTAL</b><br>Blue Earth 07009800    | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    | All sizes           |                      |                       |                   |                     |
|  | Walleye          | All sizes           |                      |                       |                   |                     |
|  | Yellow Perch     | All sizes           |                      |                       |                   |                     |
| <b>CRYSTAL</b><br>Cass 11050200          | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>CRYSTAL</b><br>Dakota 19002700        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>CRYSTAL</b><br>Hennepin 27003400      | Bluegill Sunfish |                     | All sizes            |                       |                   | PFOS                |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury PFOS        |
|  | Yellow Perch     |                     | All sizes            |                       |                   | PFOS                |
| <b>CRYSTAL</b><br>Otter Tail 56074900    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>CUT FOOT SIOUX</b><br>Itasca 31085700 | Northern Pike    |                     | shorter than 24"     | 24" or longer         |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>CUTAWAY</b><br>Itasca 31042900        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>DAM</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|----------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Aitkin 01009600      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                      | Buffalo          |                     |                      | All sizes             |                   | Mercury             |
|                      | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                      | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                      | Walleye          |                     |                      |                       | All sizes         | Mercury             |
|                      | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>DAM FIVE</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38005300        | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                      | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                      | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>DANIELS</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16015000        | Lake Trout       |                     | All sizes            |                       |                   | Mercury             |
|                      | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                      | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>DARK</b>          | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Koochiching 36001400 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                      | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>DARK</b>          | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69079000   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                      | Northern Pike    |                     |                      | shorter than 28"      | 28" or longer     | Mercury             |
|                      | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
| <b>DARLING</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Douglas 21008000     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                      | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                      | Walleye          |                     |                      |                       | shorter than 21"  | 21" or longer       |
| <b>DAVIS</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16043500        | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>DAY</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69090600   | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                      | Walleye          |                     |                      |                       | All sizes         | Mercury             |
|                      | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| DAYTON HOLLOW RES.  | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------|------------------|--------------|------------------|----------------|------------|--------------|
| Otter Tail 56082400 | Bluegill Sunfish |              |                  | All sizes      |            | Mercury      |
|                     | Carp             |              |                  | All sizes      |            | Mercury      |
|                     | Redhorse Sucker  |              |                  | All sizes      |            | Mercury      |
|                     | Walleye          |              |                  | All sizes      |            | Mercury      |
| DEAD                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Otter Tail 56038300 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                     | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                     | Walleye          |              | shorter than 18" | 18" or longer  |            | Mercury      |
| DEAD COON           | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Lincoln 41002100    | Carp             |              | All sizes        |                |            | Mercury      |
|                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                     | Walleye          |              | All sizes        |                |            | Mercury      |
|                     | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| DEEP                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Lake 38066800       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                     | Rock Bass        |              |                  | All sizes      |            | Mercury      |
|                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                     | White Sucker     |              | All sizes        |                |            | Mercury      |
| DEEP                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| St. Louis 69066600  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                     | White Sucker     | All sizes    |                  |                |            |              |
| DEER                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Beltrami 04023000   | Cisco            |              | All sizes        |                |            | Mercury      |
|                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| DEER                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Itasca 31033400     | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                     | Cisco            |              | All sizes        |                |            | Mercury      |
|                     | Crappie          | All sizes    |                  |                |            |              |
|                     | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|                     | Walleye          |              | shorter than 20" | 20" or longer  |            | Mercury      |
|                     | White Sucker     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                             | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>DEER</b><br>Itasca 31071900               | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>DEER YARD</b><br>Cook 16025300            | Walleye          |                     |                      | shorter than 23"      | 23" or longer     | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>DEL CLARK</b><br>Yellow Medicine 87018000 | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
| <b>DELAY</b><br>Lake 38041500                | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>DELLWATER</b><br>Beltrami 04033100        | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Bullhead         | All sizes           |                      |                       |                   |                     |
|  | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>DEMONTREVILLE</b><br>Washington 82010100  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>DETROIT</b><br>Becker 03038100            | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>DEVIL TRACK</b><br>Cook 16014300          | Lake Whitefish   |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
|  | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                              | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>DEVILFISH</b><br>Cook 16002900      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>DEVILS</b><br>Kanabec 33003300      | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>DIAMOND</b><br>Kandiyohi 34004400   | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Carp             | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
| <b>DICK</b><br>Cook 16015700           | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>DINHAM</b><br>St. Louis 69054400    | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>DISAPPOINTMENT</b><br>Lake 38048800 | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>DISLOCATION</b><br>Cook 16016700    | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>DIVIDE</b><br>Lake 38025600         | Rainbow Trout    |              | All sizes        |                |            | Mercury      |
|  | Splake           |              | All sizes        |                |            | Mercury      |
| <b>DIXON</b><br>Itasca 31092100        | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              | shorter than 16" | 16" or longer  |            | Mercury      |
| <b>DORA</b><br>Le Sueur 40001000       | Buffalo          | All sizes    |                  |                |            |              |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
| <b>DOVRE</b><br>St. Louis 69060400     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Yellow Perch     |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>DRAGON</b><br>Lake 38055200     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>DRY</b><br>St. Louis 69006400   | Brown Trout      |                     | All sizes            |                       |                   | Mercury             |
|                                    | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                                    | Splake           |                     | All sizes            |                       |                   | Mercury             |
| <b>DUCK</b><br>Blue Earth 07005300 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>DUCK</b><br>Hubbard 29014200    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                    | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>DUMBBELL</b><br>Lake 38039300   | Walleye          |                     | shorter than 16"     | 16" or longer         |                   | Mercury             |
|                                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>DUNCAN</b><br>Cook 16023200     | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                                    | Lake Trout       |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
|                                    | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>DUNN</b><br>Cook 16024500       | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
| <b>DUNNIGAN</b><br>Lake 38066400   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                    | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>DUNNS</b><br>Meeker 47008200    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                    | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>DUTCH</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Hennepin 27018100   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>DYERS</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16063400       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>EAGLE</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Blue Earth 07006000 | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             | All sizes           |                      |                       |                   |                     |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Freshwater Drum  | All sizes           |                      |                       |                   |                     |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>EAGLE</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Carlton 09005700    | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>EAGLE</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Carver 10012100     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>EAGLE</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Hubbard 29025600    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Cisco            | All sizes           |                      |                       |                   |                     |
|                     | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Redhorse Sucker  | All sizes           |                      |                       |                   |                     |
|                     | Walleye          |                     | shorter than 20"     | 20" or longer         |                   |                     |
| <b>EAGLE</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Kandiyohi 34017100  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Buffalo          |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |

**Notes:**

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>EAGLE</b>          | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|-----------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Otter Tail 56025300   | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                       | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>EAGLE</b>          | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Sherburne 71006700    | Carp             | All sizes           |                      |                       |                   |                     |
|                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                       | Northern Pike    | All sizes           |                      |                       |                   |                     |
| <b>EAGLE/PIKE</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Hennepin 27011100     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                       | Carp             | All sizes           |                      |                       |                   |                     |
|                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                       | Northern Pike    |                     | shorter than 22"     | 22" or longer         |                   | Mercury             |
|                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>EAGLES NEST #1</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69028501    | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>EAGLES NEST #2</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69028502    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>EAGLES NEST #3</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69028503    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                       | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                       | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>EAGLES NEST #4</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69021800    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                       | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>EAST</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Itasca 31046000       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                          | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>EAST</b><br>Lake 38002000              | Brook Trout      |                     |                      | All sizes             |                   | Mercury             |
|   | White Sucker     | All sizes           |                      |                       |                   |                     |
|   | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>EAST BATTLE</b><br>Otter Tail 56013800 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|   | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>EAST BEARSKIN</b><br>Cook 16014600     | Lake Trout       |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>EAST CHUB</b><br>Lake 38067400         | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     | shorter than 18"     | 18" or longer         |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|   | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|   | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>EAST CROOKED</b><br>Hubbard 29010101   | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|   | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|   | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>EAST FOX</b><br>Cook 16063600          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>EAST GRAHAM</b><br>Nobles 53002000     | Buffalo          | All sizes           |                      |                       |                   |                     |
|   | Crappie          | All sizes           |                      |                       |                   |                     |
|   | Walleye          |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                  | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
|--|------------------|--------------|---------------|------------------|---------------|--------------|
| <b>EAST LAKE SYLVIA</b><br>Wright 86028900 | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|  | Carp             | All sizes    |               |                  |               |              |
|  | Largemouth Bass  |              |               | All sizes        |               | Mercury      |
|  | Northern Pike    |              |               | All sizes        |               | Mercury      |
|  | Walleye          |              |               | All sizes        |               | Mercury      |
| <b>EAST LEAF</b><br>Otter Tail 56011600    | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|  | Northern Pike    |              | All sizes     |                  |               | Mercury      |
|  | White Sucker     |              | All sizes     |                  |               | Mercury      |
| <b>EAST LOON</b><br>Otter Tail 56052300    | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|  | Walleye          |              |               | All sizes        |               | Mercury      |
| <b>EAST LOST</b><br>Otter Tail 56037800    | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|  | Walleye          |              |               | All sizes        |               | Mercury      |
| <b>EAST MOORE</b><br>Anoka 02007501        | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|  | Bullhead         | All sizes    |               |                  |               |              |
|  | Channel Catfish  |              | All sizes     |                  |               | Mercury      |
|  | Northern Pike    |              | All sizes     |                  |               | Mercury      |
|  | Sunfish          | All sizes    |               |                  |               |              |
| <b>EAST PIKE</b><br>Cook 16004200          | Smallmouth Bass  |              | All sizes     |                  |               | Mercury      |
| <b>EAST POPE</b><br>Cook 16034200          | Northern Pike    |              |               | shorter than 26" | 26" or longer | Mercury      |
|  | Smallmouth Bass  |              | All sizes     |                  |               | Mercury      |
|  | Walleye          |              |               | All sizes        |               | Mercury      |
| <b>EAST RUSH</b><br>Chisago 13006901       | Bluegill Sunfish | All sizes    |               |                  |               |              |
|  | Crappie          | All sizes    |               |                  |               |              |
|  | Freshwater Drum  | All sizes    |               |                  |               |              |
|  | Northern Pike    |              | All sizes     |                  |               | Mercury      |
|  | Yellow Perch     | All sizes    |               |                  |               |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME           | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
|---------------------|------------------|--------------|---------------|------------------|---------------|--------------|
| <b>EAST SIDE</b>    |                  |              |               |                  |               |              |
| Mower 50000200      | Carp             |              | All sizes     |                  |               | Mercury      |
|                     | Crappie          |              | All sizes     |                  |               | Mercury      |
|                     | Largemouth Bass  |              |               | All sizes        |               | Mercury      |
| <b>EAST SOLOMON</b> |                  |              |               |                  |               |              |
| Kandiyohi 34024600  | Carp             | All sizes    |               |                  |               |              |
|                     | Crappie          | All sizes    |               |                  |               |              |
|                     | Walleye          |              | All sizes     |                  |               | Mercury      |
| <b>EAST SPIRIT</b>  |                  |              |               |                  |               |              |
| Otter Tail 56050100 | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|                     | Northern Pike    |              |               | All sizes        |               | Mercury      |
| <b>EAST TOQUA</b>   |                  |              |               |                  |               |              |
| Big Stone 06013800  | Carp             | All sizes    |               |                  |               |              |
|                     | Crappie          |              | All sizes     |                  |               | Mercury      |
|                     | Northern Pike    |              | All sizes     |                  |               | Mercury      |
|                     | Walleye          |              | All sizes     |                  |               | Mercury      |
|                     | Yellow Perch     | All sizes    |               |                  |               |              |
| <b>EAST TWIN</b>    |                  |              |               |                  |               |              |
| Anoka 02013300      | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|                     | Bullhead         |              | All sizes     |                  |               | Mercury      |
|                     | Northern Pike    |              |               | All sizes        |               | Mercury      |
| <b>EAST TWIN</b>    |                  |              |               |                  |               |              |
| Cook 16014500       | Walleye          |              | All sizes     |                  |               | Mercury      |
| <b>EAST TWIN</b>    |                  |              |               |                  |               |              |
| St. Louis 69017400  | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|                     | Crappie          |              | All sizes     |                  |               | Mercury      |
|                     | Northern Pike    |              |               | shorter than 27" | 27" or longer | Mercury      |
|                     | Walleye          |              |               | All sizes        |               | Mercury      |
|                     | White Sucker     |              | All sizes     |                  |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                              | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|---------------|----------------|------------|--------------|
| <b>EAST VADNAIS</b><br>Ramsey 62003801 | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Bullhead         |              | All sizes     |                |            | Mercury      |
|  | Carp             | All sizes    |               |                |            |              |
|  | Crappie          | All sizes    |               |                |            |              |
|  | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              | All sizes     |                |            | Mercury      |
|  | White Sucker     | All sizes    |               |                |            |              |
| <b>ECHO</b><br>Lake 38002800           | Rainbow Trout    |              | All sizes     |                |            | Mercury      |
|  | Splake           |              | All sizes     |                |            | Mercury      |
|  |                  |              |               |                |            |              |
| <b>ECHO</b><br>St. Louis 69061500      | Crappie          |              | All sizes     |                |            | Mercury      |
|  | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes     |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>ED SHAVE</b><br>St. Louis 69019900  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
|  | Yellow Perch     |              |               | All sizes      |            | Mercury      |
|  |                  |              |               |                |            |              |
| <b>EDDY</b><br>Carlton 09003900        | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
|  | White Sucker     |              |               | All sizes      |            | Mercury      |
| <b>EDEN</b><br>Stearns 73015000        | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Crappie          |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|-------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>EDWARD</b>           |                  |                     |                      |                       |                   |                     |
| Crow Wing 18030500      | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                         | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                         | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                         | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                         | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                         | Walleye          |                     | shorter than 16"     | 16" or longer         |                   | Mercury             |
| <b>EIGHTEEN</b>         |                  |                     |                      |                       |                   |                     |
| Lake 38043200           | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                         | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                         | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>EIGHTH CROW WING</b> |                  |                     |                      |                       |                   |                     |
| Hubbard 29007200        | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                         | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                         | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                         | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>EK</b>               |                  |                     |                      |                       |                   |                     |
| St. Louis 69084300      | Northern Pike    |                     | shorter than 15"     | 15" or longer         |                   | Mercury             |
| <b>ELBOW</b>            |                  |                     |                      |                       |                   |                     |
| Becker 03015900         | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                         | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                         | Sunfish          |                     | All sizes            |                       |                   | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                         | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                         | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>ELBOW</b>            |                  |                     |                      |                       |                   |                     |
| Cook 16009600           | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                         | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                         | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>ELBOW</b>            |                  |                     |                      |                       |                   |                     |
| Cook 16080500           | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>ELBOW</b>            |                  |                     |                      |                       |                   |                     |
| St. Louis 69071700      | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                         | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

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|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>ELBOW</b><br>St. Louis 69074400            | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>ELEPHANT</b><br>St. Louis 69081000         | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>ELEVEN</b><br>Kanabec 33000100             | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>ELEVENTH CROW WING</b><br>Hubbard 29003600 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Cisco            |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Rock Bass        |              | All sizes        |                |            | Mercury      |
|   | Sunfish          |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
| Yellow Perch                                  |                  | All sizes    |                  |                | Mercury    |              |
| <b>ELIZABETH</b><br>Itasca 31049000           | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>ELIZABETH</b><br>Kandiyohi 34002200        | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Carp             |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          | All sizes    |                  |                |            |              |
|   | White Sucker     | All sizes    |                  |                |            |              |
| Yellow Perch                                  | All sizes        |              |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>ELK</b><br>Clearwater 15001000    | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Cisco            |              | All sizes        |                |            | Mercury      |
|                                      | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | shorter than 23" | 23" or longer  |            | Mercury      |
|                                      | Rock Bass        |              |                  | All sizes      |            | Mercury      |
|                                      | Sunfish          | All sizes    |                  |                |            |              |
|                                      | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
|                                      | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>ELK</b><br>Sherburne 71005500     | Carp             | All sizes    |                  |                |            |              |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>ELM ISLAND</b><br>Aitkin 01012300 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                      | Crappie          |              |                  | All sizes      |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>ELMO</b><br>Washington 82010600   | Bluegill Sunfish |              |                  | All sizes      |            | Mercury PFOS |
|                                      | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                      | Carp             |              | All sizes        |                |            | Mercury      |
|                                      | Crappie          |              |                  | All sizes      |            | Mercury PFOS |
|                                      | Largemouth Bass  |              |                  | All sizes      |            | Mercury PFOS |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury PFOS |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |
|                                      | White Sucker     | All sizes    |                  |                |            |              |
| Yellow Perch                         |                  |              | All sizes        |                | PFOS       |              |
| <b>ELY</b><br>St. Louis 69066000     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                           | <b>Species</b>                     | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>ELYSIAN</b><br>Waseca 81009500          | Bluegill Sunfish                   | All sizes           |                      |                       |                   |                     |
|  | Buffalo                            |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead                           | All sizes           |                      |                       |                   |                     |
|  | Carp                               |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie                            | All sizes           |                      |                       |                   |                     |
|  | Walleye                            | All sizes           |                      |                       |                   |                     |
| <b>EMBARRASS</b><br>St. Louis 69049600     | Bluegill Sunfish                   |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie                            |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike                      |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye                            |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker                       |                     |                      | All sizes             |                   | Mercury             |
|  | Yellow Perch                       |                     |                      | All sizes             |                   | Mercury             |
|  | <b>EMILY</b><br>Crow Wing 18020300 | Crappie             |                      | All sizes             |                   |                     |
| Northern Pike                              |                                    |                     | All sizes            |                       |                   | Mercury             |
| Walleye                                    |                                    |                     |                      | All sizes             |                   | Mercury             |
| <b>EMILY</b><br>Le Sueur 40012400          | Bluegill Sunfish                   | All sizes           |                      |                       |                   |                     |
|  | Buffalo                            | All sizes           |                      |                       |                   |                     |
|  | Carp                               | All sizes           |                      |                       |                   |                     |
|  | Crappie                            | All sizes           |                      |                       |                   |                     |
|  | Northern Pike                      |                     | All sizes            |                       |                   | Mercury             |
| <b>EMILY</b><br>Pope 61018000              | Crappie                            | All sizes           |                      |                       |                   |                     |
|  | Northern Pike                      |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye                            |                     | All sizes            |                       |                   | Mercury             |
|  | White Sucker                       |                     | All sizes            |                       |                   | Mercury             |
| <b>EMPIRE (UNNAMED)</b><br>Dakota 19034200 | Sunfish                            |                     | All sizes            |                       |                   | Mercury             |
| <b>ENSIGN</b><br>Lake 38049800             | Cisco                              |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike                      |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye                            |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| LAKE NAME<br>County DOWID*             | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
|--|------------------|--------------|---------------|------------------|---------------|--------------|
| <b>ERIE</b><br>Meeker 47006400         | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|  | Bullhead         |              | All sizes     |                  |               | Mercury      |
|  | Crappie          |              | All sizes     |                  |               | Mercury      |
|  | Largemouth Bass  |              |               | All sizes        |               | Mercury      |
|  | Northern Pike    |              |               | All sizes        |               | Mercury      |
|  | Walleye          |              |               | All sizes        |               | Mercury      |
| <b>ESQUAGAMA</b><br>St. Louis 69056500 | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|  | Cisco            |              |               | All sizes        |               | Mercury      |
|  | Northern Pike    |              |               | shorter than 25" | 25" or longer | Mercury      |
|  | Walleye          |              |               | shorter than 16" | 16" or longer | Mercury      |
| <b>ESQUAGAMAH</b><br>Aitkin 01014700   | Northern Pike    |              | All sizes     |                  |               | Mercury      |
|  | Walleye          |              | All sizes     |                  |               | Mercury      |
| <b>ESTHER</b><br>Cook 16002300         | Rainbow Trout    | All sizes    |               |                  |               |              |
|  | Splake           |              | All sizes     |                  |               | Mercury      |
|  | White Sucker     |              |               | All sizes        |               | Mercury      |
| <b>EUGENE</b><br>St. Louis 69047300    | Lake Whitefish   |              |               | All sizes        |               | Mercury      |
|  | Northern Pike    |              |               | shorter than 20" | 20" or longer | Mercury      |
|  | White Sucker     |              | All sizes     |                  |               | Mercury      |
| <b>EVERETT</b><br>St. Louis 69012000   | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|  | Northern Pike    |              |               | All sizes        |               | Mercury      |
|  | Walleye          |              |               | All sizes        |               | Mercury      |
|  | White Sucker     |              | All sizes     |                  |               | Mercury      |
| <b>EVERGREEN</b><br>Hubbard 29022700   | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|  | Bullhead         |              |               | All sizes        |               | Mercury      |
|  | Largemouth Bass  |              |               | All sizes        |               | Mercury      |
|  | Northern Pike    |              |               | All sizes        |               | Mercury      |
|  | Walleye          |              |               | All sizes        |               | Mercury      |
| <b>EXTORTION</b><br>Cook 16045000      | Splake           |              |               | All sizes        |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>FALL</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Lake 38081100      | Bluegill Sunfish |                     |                      | All sizes             |                   | Mercury             |
|                    | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>FARM</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38077900      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Cisco            |                     |                      | All sizes             |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | shorter than 17"     | 17" - 37"             | 37" or longer     | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>FARM ISLAND</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Aitkin 01015900    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>FAT</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69048100 | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
| <b>FEATHER</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16090500      | Brook Trout      |                     | All sizes            |                       |                   | Mercury             |
| <b>FENSKE</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69008500 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Cisco            |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                  | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>FIFTH CROW WING</b><br>Hubbard 29009200 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>FINGER</b><br>Cook 16064600             | Crappie          | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>FIRST CROW WING</b><br>Hubbard 29008600 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>FISH</b><br>Chisago 13006800            | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Carp             | All sizes    |                  |                |            |              |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Sunfish          | All sizes    |                  |                |            |              |
|  | Walleye          |              |                  |                | All sizes  | Mercury      |
| <b>FISH</b><br>Dakota 19005700             | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | PFOS         |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury PFOS |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>FISH</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Hennepin 27011800   | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
| <b>FISH</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Jackson 32001800    | Bullhead         | All sizes           |                      |                       |                   |                     |
|                     | Carp             | All sizes           |                      |                       |                   |                     |
|                     | Channel Catfish  |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                     | Yellow Perch     | All sizes           |                      |                       |                   |                     |
| <b>FISH</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Kanabec 33003600    | Carp             | All sizes           |                      |                       |                   |                     |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>FISH</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Otter Tail 56006600 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>FISH</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Otter Tail 56068400 | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>FISH</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Scott 70006900      | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Carp             | All sizes           |                      |                       |                   |                     |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | Yellow Perch     | All sizes           |                      |                       |                   |                     |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>FISH HOOK</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Hubbard 29024200         | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                          | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                          | Northern Pike    |                     | shorter than 24"     | 24" or longer         |                   | Mercury             |
|                          | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                          | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>FISH LAKE FLOWAGE</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69049100       | Bluegill Sunfish |                     | All sizes            |                       |                   | PFOS                |
|                          | Crappie          |                     | All sizes            |                       |                   | Mercury PFOS        |
|                          | Largemouth Bass  |                     | All sizes            |                       |                   | PFOS                |
|                          | Northern Pike    |                     | All sizes            |                       |                   | Mercury PFOS        |
|                          | Walleye          |                     | shorter than 18"     | 18" or longer         |                   | Mercury PFOS        |
|                          | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>FISH TRAP</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Morrison 49013700        | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                          | Crappie          | All sizes           |                      |                       |                   |                     |
|                          | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                          | Walleye          |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
|                          | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>FISHMOUTH</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69083400       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>FIVE</b>              | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Kanabec 33000300         | Crappie          | All sizes           |                      |                       |                   |                     |
|                          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>FLASH</b>             | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38063000            | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                          | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>FLAT HORN</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38056800            | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                          | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                          | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                          | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>FLEMING</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Aitkin 01010500          | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                          | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                          | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>FLORIAN PARK RES.</b> |                  |              |                  |                |            |              |
| Marshall 45011900        | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                          | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                          | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>FLORIDA</b>           |                  |              |                  |                |            |              |
| Kandiyohi 34021700       | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                          | Carp             | All sizes    |                  |                |            |              |
|                          | Freshwater Drum  |              | All sizes        |                |            | Mercury      |
|                          | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                          | Walleye          |              |                  | All sizes      |            | Mercury      |
|                          | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>FLOUR</b>             |                  |              |                  |                |            |              |
| Cook 16014700            | Cisco            |              | All sizes        |                |            | Mercury      |
|                          | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                          | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|                          | Walleye          |              | All sizes        |                |            | Mercury      |
|                          | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>FLOYD</b>             |                  |              |                  |                |            |              |
| Becker 03038700          | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                          | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                          | Walleye          |              |                  | All sizes      |            | Mercury      |
|                          | White Sucker     | All sizes    |                  |                |            |              |
| <b>FOOT</b>              |                  |              |                  |                |            |              |
| Kandiyohi 34018100       | Carp             | All sizes    |                  |                |            |              |
|                          | Crappie          | All sizes    |                  |                |            |              |
|                          | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>FOREST</b>            |                  |              |                  |                |            |              |
| Washington 82015900      | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                          | Bullhead         |              | All sizes        |                |            | Mercury      |
|                          | Carp             |              | All sizes        |                |            | Mercury      |
|                          | Crappie          |              | All sizes        |                |            | Mercury      |
|                          | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                          | Northern Pike    |              | shorter than 27" | 27" or longer  |            | Mercury      |
|                          | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>FORSYTHE</b>          |                  |              |                  |                |            |              |
| Itasca 31056000          | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                          | Northern Pike    |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>FOUND</b>            | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|-------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Lake 38062000           | Brook Trout      |                     | All sizes            |                       |                   | Mercury             |
| <b>FOUNTAIN</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Freeborn 24001800       | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                         | Carp             | All sizes           |                      |                       |                   |                     |
|                         | Channel Catfish  |                     | All sizes            |                       |                   | PCBs                |
|                         | Crappie          | All sizes           |                      |                       |                   |                     |
|                         | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                         | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>FOUR MILE</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16063900           | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                         | Walleye          |                     | shorter than 14"     | 14" or longer         |                   | Mercury             |
| <b>FOURTEEN</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69079300      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                         | Crappie          | All sizes           |                      |                       |                   |                     |
|                         | Northern Pike    |                     | shorter than 25"     | 25" or longer         |                   | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>FOURTH CROW WING</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Hubbard 29007800        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                         | Carp             | All sizes           |                      |                       |                   |                     |
|                         | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                         | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                         | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                         | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>FOURTOWN</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38081300           | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>FOX</b>              | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Martin 46010900         | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                         | Carp             | All sizes           |                      |                       |                   |                     |
|                         | Channel Catfish  | All sizes           |                      |                       |                   |                     |
|                         | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                         | Walleye          |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                              | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|---------------|----------------|------------|--------------|
| <b>FRANCES</b><br>Le Sueur 40005700    | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Bullhead         |              | All sizes     |                |            | Mercury      |
|  | Carp             |              | All sizes     |                |            | Mercury      |
|  | Crappie          |              | All sizes     |                |            | Mercury      |
|  | Freshwater Drum  | All sizes    |               |                |            |              |
|  | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              | All sizes     |                |            | Mercury      |
| White Bass                             |                  |              | All sizes     |                |            | Mercury      |
| <b>FRANCIS</b><br>Isanti 30008000      | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|  | Carp             |              | All sizes     |                |            | Mercury      |
|  | Crappie          | All sizes    |               |                |            |              |
| Northern Pike                          |                  | All sizes    |               |                | Mercury    |              |
| <b>FRANCIS</b><br>Meeker 47000200      | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|  | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Bullhead         |              | All sizes     |                |            | Mercury      |
|  | Carp             | All sizes    |               |                |            |              |
| Northern Pike                          |                  | All sizes    |               |                | Mercury    |              |
| <b>FRANKLIN</b><br>Otter Tail 56075900 | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|  | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
| Walleye                                |                  |              |               | All sizes      |            | Mercury      |
| <b>FRANKLIN</b><br>St. Louis 69075400  | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| Yellow Perch                           |                  | All sizes    |               |                | Mercury    |              |
| <b>FRASER</b><br>Lake 38037200         | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|  | Lake Trout       |              |               | All sizes      |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| White Sucker                           |                  | All sizes    |               |                | Mercury    |              |
| <b>FREAR</b><br>Cook 16080600          | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| White Sucker                           |                  |              | All sizes     |                | Mercury    |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>FRENCH</b><br>Aitkin 01010400      | Crappie          | All sizes    |                  |                |            |              |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>FRENCH</b><br>McLeod 43010900      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Carp             |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>FRENCH</b><br>Rice 66003800        | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                       | Carp             |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          |              |                  | All sizes      |            | Mercury      |
|                                       | Freshwater Drum  |              |                  | All sizes      |            | Mercury      |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                       | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>FRENCH</b><br>Wright 86027300      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Carp             |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury      |
|                                       | White Sucker     | All sizes    |                  |                |            |              |
| <b>FRONTENAC</b><br>Hubbard 29024100  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                       | Sunfish          |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>FROST</b><br>Cook 16057100         | Lake Trout       |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>GABIMICHIGAMI</b><br>Cook 16081100 | Lake Trout       |              | shorter than 17" | 17" or longer  |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| <b>GAMES</b>            | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|-------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Kandiyohi 34022400      | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                         | Freshwater Drum  | All sizes           |                      |                       |                   |                     |
|                         | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>GANDER</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38055400           | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                         | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                         | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>GANNON</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69081900      | Northern Pike    |                     |                      | shorter than 23"      | 23" or longer     | Mercury             |
|                         | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>GARDEN</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38078200           | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                         | Cisco            |                     |                      | All sizes             |                   | Mercury             |
|                         | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                         | Northern Pike    |                     | shorter than 17"     | 17" - 37"             | 37" or longer     | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>GARDEN LAKE RES.</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38073800           | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                         | Cisco            |                     |                      | All sizes             |                   | Mercury             |
|                         | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                         | Northern Pike    |                     | shorter than 17"     | 17" - 37"             | 37" or longer     | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>GARFIELD</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Hubbard 29006100        | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                         | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                         | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                         | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>GASKIN</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16031900           | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>GE-BE-ON-EQUAT</b>   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69035000      | Lake Whitefish   |                     | All sizes            |                       |                   | Mercury             |
|                         | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                         | Walleye          |                     |                      | shorter than 19"      | 19" or longer     | Mercury             |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>GEGOKA</b><br>Lake 38057300       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      | White Sucker     |              |                  | All sizes      |            | Mercury      |
|                                      | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>GENEVA</b><br>Douglas 21005200    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Carp             | All sizes    |                  |                |            |              |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>GEORGE</b><br>Anoka 02009100      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                      | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>GEORGE</b><br>Blue Earth 07004700 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Crappie          | All sizes    |                  |                |            |              |
|                                      | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>GEORGE</b><br>Hubbard 29021600    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Bullhead         | All sizes    |                  |                |            |              |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      | White Sucker     | All sizes    |                  |                |            |              |
| <b>GEORGE</b><br>Kandiyohi 34014200  | Northern Pike    |              | shorter than 19" | 19" or longer  |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>GEORGE</b><br>Martin 46002400     | Carp             | All sizes    |                  |                |            |              |
|                                      | Channel Catfish  | All sizes    |                  |                |            |              |
|                                      | Crappie          | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>GERMAN</b><br>Le Sueur 40006300       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Carp             | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>GERVAIS</b><br>Ramsey 62000700        | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | PFOS         |
|  | Largemouth Bass  |              | All sizes        |                |            | PFOS         |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              |                  |                | All sizes  | Mercury      |
| <b>GILBERT PIT</b><br>St. Louis 69130600 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Rainbow Trout    | All sizes    |                  |                |            |              |
|  | Splake           | All sizes    |                  |                |            |              |
|  | Walleye          |              |                  |                | All sizes  | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>GILCHRIST</b><br>Pope 61007200        | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>GILLIS</b><br>Cook 16075300           | Lake Trout       |              | All sizes        |                |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>GILSTAD</b><br>Beltrami 04002400      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>GIRL</b><br>Cass 11017400             | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury      |
|  | Walleye          |              | shorter than 18" | 18" or longer  |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME               | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|-------------------------|------------------|--------------|---------------|----------------|------------|--------------|
| <b>GLACIER</b>          |                  |              |               |                |            |              |
| Aitkin 01004200         | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                         | Bullhead         |              |               | All sizes      |            | Mercury      |
|                         | Crappie          |              | All sizes     |                |            | Mercury      |
|                         | Northern Pike    |              |               | All sizes      |            | Mercury      |
| <b>GOLDEN</b>           |                  |              |               |                |            |              |
| Anoka 02004500          | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                         | Bullhead         |              | All sizes     |                |            | Mercury      |
|                         | Northern Pike    |              |               | All sizes      |            | Mercury      |
| <b>GOLDENEYE</b>        |                  |              |               |                |            |              |
| Lake 38002900           | Brook Trout      |              | All sizes     |                |            | Mercury      |
| <b>GOLF COURSE POND</b> |                  |              |               |                |            |              |
| St. Louis 69134500      | Brown Trout      |              |               | All sizes      |            | Mercury      |
|                         | Channel Catfish  |              | All sizes     |                |            | Mercury      |
|                         | Rainbow Trout    |              | All sizes     |                |            | Mercury      |
|                         | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>GOOSE</b>            |                  |              |               |                |            |              |
| Chisago 13008300        | Bullhead         |              | All sizes     |                |            | Mercury      |
|                         | Crappie          | All sizes    |               |                |            |              |
|                         | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                         | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>GOOSE</b>            |                  |              |               |                |            |              |
| Ramsey 62003400         | Bluegill Sunfish | All sizes    |               |                |            |              |
|                         | White Sucker     | All sizes    |               |                |            |              |
| <b>GOOSE</b>            |                  |              |               |                |            |              |
| Washington 82005900     | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                         | Northern Pike    |              |               | All sizes      |            | Mercury      |
| <b>GORMAN</b>           |                  |              |               |                |            |              |
| Le Sueur 40003200       | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                         | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|                         | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                         | Walleye          |              |               | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|-------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>GRACE</b><br>Hubbard 29007100    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                     | Sunfish          | All sizes           |                      |                       |                   |                     |
|                                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                     | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>GRAND</b><br>St. Louis 69051100  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                     | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>GRAND</b><br>Stearns 73005500    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                     | Bullhead         | All sizes           |                      |                       |                   |                     |
|                                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>GRANITE</b><br>Wright 86021700   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                     | Bullhead         | All sizes           |                      |                       |                   |                     |
|                                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>GRASS</b><br>Lake 38063500       | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>GRASSY</b><br>St. Louis 69008200 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>GRAVE</b><br>Itasca 31062400     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                     | White Sucker     | All sizes           |                      |                       |                   |                     |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                 | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>GREAT NORTHERN</b>     |                  |              |                  |                |            |              |
| Stearns 73008300          | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                           | Carp             |              | All sizes        |                |            | Mercury      |
|                           | Channel Catfish  |              | shorter than 22" | 22" or longer  |            | Mercury      |
|                           | Crappie          |              | All sizes        |                |            | Mercury      |
|                           | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                           | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                           | Redhorse Sucker  |              | All sizes        |                |            | Mercury      |
|                           | Walleye          |              | All sizes        |                |            | Mercury      |
|                           | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>GREEN</b>              |                  |              |                  |                |            |              |
| Chisago 13004100          | Bullhead         | All sizes    |                  |                |            |              |
|                           | Carp             |              | All sizes        |                |            | Mercury      |
|                           | Crappie          |              | All sizes        |                |            | Mercury      |
|                           | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                           | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                           | Walleye          |              |                  | All sizes      |            | Mercury      |
|                           | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>GREEN</b>              |                  |              |                  |                |            |              |
| Isanti 30013600           | Bullhead         | All sizes    |                  |                |            |              |
|                           | Carp             |              | All sizes        |                |            | Mercury      |
|                           | Crappie          |              | All sizes        |                |            | Mercury      |
|                           | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                           | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>GREEN</b>              |                  |              |                  |                |            |              |
| Kandiyohi 34007900        | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                           | Carp             |              | All sizes        |                |            | Mercury      |
|                           | Northern Pike    |              | shorter than 17" | 17" or longer  |            | Mercury      |
|                           | Rock Bass        |              | All sizes        |                |            | Mercury      |
|                           | Walleye          |              |                  | All sizes      |            | Mercury      |
|                           | White Sucker     | All sizes    |                  |                |            |              |
| <b>GREEN PRAIRIE FISH</b> |                  |              |                  |                |            |              |
| Morrison 49003500         | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                           | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>GREENLEAF</b>          |                  |              |                  |                |            |              |
| Meeker 47006200           | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                           | Largemouth Bass  | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                          | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|------------------------------------|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>GREENSTONE</b><br>Lake 38071800 | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                    | Walleye          |              | shorter than 14" | 14" or longer    |               | Mercury      |
|                                    | White Sucker     |              | All sizes        |                  |               | Mercury      |
|                                    | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>GREENWOOD</b><br>Cook 16007700  | Cisco            |              |                  | All sizes        |               | Mercury      |
|                                    | Lake Trout       |              |                  | All sizes        |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                    | Smallmouth Bass  |              |                  | All sizes        |               | Mercury      |
|                                    | White Sucker     |              |                  | All sizes        |               | Mercury      |
| <b>GREENWOOD</b><br>Lake 38065600  | Northern Pike    |              |                  | shorter than 27" | 27" or longer | Mercury      |
|                                    | Walleye          |              |                  | shorter than 19" | 19" or longer | Mercury      |
|                                    | White Sucker     |              |                  | All sizes        |               | Mercury      |
|                                    | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>GRINDSTONE</b><br>Pine 58012300 | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                    | Lake Trout       |              | All sizes        |                  |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
| <b>GROUSE</b><br>Lake 38055700     | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                    | Walleye          |              |                  | All sizes        |               | Mercury      |
|                                    | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>GROVE</b><br>Pope 61002300      | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                    | Bullhead         |              | All sizes        |                  |               | Mercury      |
|                                    | Carp             |              | All sizes        |                  |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
| <b>GUILE</b><br>Itasca 31056900    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
| <b>GULL</b><br>Beltrami 04012000   | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|                                    | Bullhead         |              | All sizes        |                  |               | Mercury      |
|                                    | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|                                    | Walleye          |              | All sizes        |                  |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                          | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>GULL</b><br>Cass 11030500       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Cisco            |              | All sizes        |                |            | Mercury      |
|                                    | Crappie          |              | All sizes        |                |            | Mercury      |
|                                    | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                    | Sunfish          | All sizes    |                  |                |            |              |
|                                    | Walleye          |              | All sizes        |                |            | Mercury      |
|                                    | White Sucker     | All sizes    |                  |                |            |              |
| <b>GUN</b><br>Aitkin 01009900      | Crappie          | All sizes    |                  |                |            |              |
|                                    | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                    | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>GUN</b><br>St. Louis 69048700   | Lake Trout       |              |                  |                | All sizes  | Mercury      |
|                                    | Lake Whitefish   |              |                  | All sizes      |            | Mercury      |
| <b>GUN CLUB</b><br>Dakota 19007800 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Crappie          |              | All sizes        |                |            | Mercury      |
|                                    | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
| <b>GUNFLINT</b><br>Cook 16035600   | Lake Trout       |              |                  | All sizes      |            | Mercury      |
|                                    | Northern Pike    |              | shorter than 22" | 22" or longer  |            | Mercury      |
|                                    | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                    | Walleye          |              | shorter than 14" | 14" or longer  |            | Mercury      |
|                                    | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                    | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>GUST</b><br>Cook 16038000       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                    | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|                                    | Walleye          |              | All sizes        |                |            | Mercury      |
|                                    | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>GYPSY</b><br>Lake 38066500      | Brook Trout      |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>HAFFTEN</b><br>Hennepin 27019900    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>HALF MOON</b><br>Hennepin 27015200  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>HALF MOON</b><br>St. Louis 69065700 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>HALL</b><br>Martin 46003100         | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Bullhead         | All sizes           |                      |                       |                   |                     |
|  | Carp             | All sizes           |                      |                       |                   |                     |
|  | Channel Catfish  |                     | All sizes            |                       |                   | PCBs                |
|  | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>HALLETT</b><br>Nicollet 52000100    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>HAM</b><br>Anoka 02005300           | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>HAM</b><br>Hubbard 29001700         | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>HAMMAL</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|-----------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Aitkin 01016100       | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                       | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>HAND</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16023800         | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>HANGING HORN</b>   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Carlton 09003800      | Cisco            |                     |                      | All sizes             |                   | Mercury             |
|                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                       | Walleye          |                     |                      | shorter than 16"      | 16" or longer     | Mercury             |
|                       | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>HANGING KETTLE</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Aitkin 01017000       | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>HANKS</b>          | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Crow Wing 18004400    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                       | Cisco            | All sizes           |                      |                       |                   |                     |
|                       | Crappie          | All sizes           |                      |                       |                   |                     |
|                       | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                       | Northern Pike    |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
|                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>HANSKA</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Brown 08002600        | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                       | Carp             | All sizes           |                      |                       |                   |                     |
|                       | Channel Catfish  | All sizes           |                      |                       |                   |                     |
|                       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>HARE</b>           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38002600         | Brook Trout      |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>HARRIET</b><br>Hennepin 27001600      | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              |                  | All sizes      |            | Mercury PFOS |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury PFOS |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury PFOS |
|  | Walleye          |              | shorter than 13" | 13" or longer  |            | Mercury PFOS |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>HARRIET</b><br>Lake 38004800          | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>HARRIS</b><br>Lake 38073600           | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>HART</b><br>Itasca 31002000           | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
| <b>HATTIE</b><br>Stevens 75020000        | Carp             | All sizes    |                  |                |            |              |
|  | Crappie          |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>HAYES</b><br>Roseau 68000400          | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>HEIGHT OF LAND</b><br>Becker 03019500 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>HENDERSON</b><br>Kandiyohi 34011600   | Northern Pike    |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>HENDRICKS</b><br>Lincoln 41011000  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                       | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                       | White Bass       |                     |                      |                       | All sizes         | Mercury             |
|                                       | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>HENNEPIN</b><br>Hubbard 29024600   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Bullhead         | All sizes           |                      |                       |                   |                     |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     | shorter than 24"     | 24" or longer         |                   | Mercury             |
|                                       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>HENRY</b><br>Douglas 21005100      | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
| <b>HENSON</b><br>Cook 16031400        | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                       | Sunfish          |                     | All sizes            |                       |                   | Mercury             |
| <b>HERITAGE</b><br>St. Louis 69046900 | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | shorter than 22"      | 22" or longer     | Mercury             |
| <b>HERON</b><br>Jackson 32005700      | Buffalo          | All sizes           |                      |                       |                   |                     |
|                                       | Carp             | All sizes           |                      |                       |                   |                     |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    | All sizes           |                      |                       |                   |                     |
|                                       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Yellow Perch     | All sizes           |                      |                       |                   |                     |
| <b>HIAWATHA</b><br>Hennepin 27001800  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Crappie          | All sizes           |                      |                       |                   |                     |
|                                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                       | White Sucker     | All sizes           |                      |                       |                   |                     |

**Notes:**

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>HICKORY</b>      |                  |                     |                      |                       |                   |                     |
| Aitkin 01017900     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Northern Pike    |                     | shorter than 22"     | 22" or longer         |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>HIGH</b>         |                  |                     |                      |                       |                   |                     |
| St. Louis 69007100  | Splake           |                     | All sizes            |                       |                   | Mercury             |
| <b>HIGHLIFE</b>     |                  |                     |                      |                       |                   |                     |
| Lake 38067300       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Brook Trout      |                     | All sizes            |                       |                   | Mercury             |
|                     | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
| <b>HILL</b>         |                  |                     |                      |                       |                   |                     |
| Aitkin 01014200     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Rock Bass        |                     | All sizes            |                       |                   | Mercury             |
|                     | Sunfish          |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | shorter than 16"     | 16" or longer         |                   | Mercury             |
| <b>HINIKER POND</b> |                  |                     |                      |                       |                   |                     |
| Blue Earth 07014700 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | White Bass       |                     |                      | All sizes             |                   | Mercury             |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>HOBO</b>         |                  |                     |                      |                       |                   |                     |
| St. Louis 69006200  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>HOBSON</b>       |                  |                     |                      |                       |                   |                     |
| St. Louis 69092300  | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
| <b>HOG</b>          |                  |                     |                      |                       |                   |                     |
| Cook 16065300       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>HOGBACK</b>      |                  |                     |                      |                       |                   |                     |
| Lake 38005700       | Rainbow Trout    | All sizes           |                      |                       |                   |                     |
|                     | Splake           |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| LAKE NAME<br>County DOWID*             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>HOLLY</b><br>Cook 16036600          | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>HOMER</b><br>Cook 16040600          | Northern Pike    |              | shorter than 18" | 18" or longer  |            | Mercury      |
|  | Walleye          |              | shorter than 13" | 13" or longer  |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>HOOK</b><br>McLeod 43007300         | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>HORSE</b><br>Lake 38079200          | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>HORSEHEAD</b><br>Itasca 31004700    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>HORSESHOE</b><br>Cass 11035800      | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>HORSESHOE</b><br>Crow Wing 18025100 | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>HORSESHOE</b><br>Itasca 31069600    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
| <b>HORSESHOE</b><br>Le Sueur 40000100  | Bullhead         | All sizes    |                  |                |            |              |
|  | Carp             | All sizes    |                  |                |            |              |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>HORSESHOE</b><br>Stearns 73015700 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Carp             |              | All sizes        |                |            | Mercury      |
|                                      | Channel Catfish  |              | shorter than 22" | 22" or longer  |            | Mercury      |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Redhorse Sucker  |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>HOWARD</b><br>Wright 86019900     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                      | Carp             | All sizes    |                  |                |            |              |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Sunfish          |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>HUBERT</b><br>Crow Wing 18037500  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | shorter than 22" | 22" or longer  |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |
|                                      |                  |              |                  |                |            |              |
| <b>HUNGRY JACK</b><br>Cook 16022700  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | shorter than 16" | 16" or longer  |            | Mercury      |
|                                      | White Sucker     | All sizes    |                  |                |            |              |
|                                      | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>HUNT</b><br>Rice 66004700         | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Carp             | All sizes    |                  |                |            |              |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>HUSTLER</b><br>St. Louis 69034300 | Northern Pike    |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| LAKE NAME<br>County DOWID*         | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>HYDES</b><br>Carver 10008800    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                    | Carp             | All sizes    |                  |                |            |              |
|                                    | Crappie          |              | All sizes        |                |            | Mercury      |
|                                    | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>HYLAND</b><br>Hennepin 27004800 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                    | Largemouth Bass  |              | All sizes        |                |            | PFOS         |
| <b>IDA</b><br>Becker 03058200      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                    | Crappie          |              | All sizes        |                |            | Mercury      |
|                                    | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                    | Northern Pike    |              | shorter than 22" | 22" or longer  |            | Mercury      |
|                                    | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                    | White Sucker     | All sizes    |                  |                |            |              |
| <b>IDA</b><br>Douglas 21012300     | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                    | Crappie          |              | All sizes        |                |            | Mercury      |
|                                    | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                    | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                    | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>IDA</b><br>Wright 86014600      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>IMA</b><br>Lake 38040000        | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Cisco            |              |                  | All sizes      |            | Mercury      |
|                                    | Lake Trout       |              |                  | All sizes      |            | Mercury      |
|                                    | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|                                    | Walleye          |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>INDEPENDENCE</b><br>Hennepin 27017600 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | shorter than 27" | 27" or longer  |            | Mercury      |
|  | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury      |
| <b>INGUADONA</b><br>Cass 11012000        | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Cisco            | All sizes    |                  |                |            |              |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>INSULA</b><br>Lake 38039700           | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>IRENE</b><br>Douglas 21007600         | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Bullhead         | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>IRON</b><br>Cook 16032800             | Northern Pike    |              | shorter than 17" | 17" or longer  |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>IRVING</b><br>Beltrami 04014000       | Northern Pike    |              | shorter than 23" | 23" or longer  |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>ISABELLA</b><br>Lake 38039600         | Lake Whitefish   |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>ISLAND</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|-------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Becker 03015300   | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                   | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                   | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                   | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                   | White Sucker     | All sizes           |                      |                       |                   |                     |
|                   | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| Hubbard 29025400  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                   | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                   | Walleye          |                     | shorter than 17"     | 17" or longer         |                   | Mercury             |
|                   | White Sucker     | All sizes           |                      |                       |                   |                     |
| Itasca 31064400   | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                   | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
| Itasca 31075400   | Bullhead         | All sizes           |                      |                       |                   |                     |
|                   | Crappie          | All sizes           |                      |                       |                   |                     |
|                   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| Itasca 31091300   | Cisco            | All sizes           |                      |                       |                   |                     |
|                   | Northern Pike    |                     | shorter than 27"     | 27" or longer         |                   | Mercury             |
|                   | Sunfish          | All sizes           |                      |                       |                   |                     |
|                   | Walleye          |                     | shorter than 23"     | 23" or longer         |                   | Mercury             |
| Mahnomen 44003800 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                   | Bullhead         | All sizes           |                      |                       |                   |                     |
|                   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| Ramsey 62007500   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                   | Carp             | All sizes           |                      |                       |                   |                     |
|                   | Channel Catfish  | All sizes           |                      |                       |                   |                     |
|                   | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                   | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                     | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|---|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>ISLAND LAKE RES.</b><br>St. Louis 69037200 | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Crappie          |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Rock Bass        |              |                  | All sizes        |               | Mercury      |
|   | Smallmouth Bass  |              | shorter than 11" | 11" or longer    |               | Mercury      |
|   | Sunfish          |              | All sizes        |                  |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
|   | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>ITASCA</b><br>Clearwater 15001600          | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|   | Northern Pike    |              | shorter than 26" | 26" or longer    |               | Mercury      |
|   | Walleye          |              | All sizes        |                  |               | Mercury      |
|   | White Sucker     | All sizes    |                  |                  |               |              |
|   | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>JACK</b><br>Lake 38044100                  | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | White Sucker     |              |                  | All sizes        |               | Mercury      |
|   | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>JANE</b><br>Washington 82010400            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|   | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Bullhead         |              |                  | All sizes        |               | Mercury      |
|   | Northern Pike    |              |                  | shorter than 25" | 25" or longer | Mercury      |
| <b>JASPER</b><br>Cook 16076800                | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|   | Lake Trout       |              |                  | All sizes        |               | Mercury      |
|   | Lake Whitefish   |              |                  | All sizes        |               | Mercury      |
|   | Smallmouth Bass  |              | All sizes        |                  |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>JAY GOULD</b><br>Itasca 31056500           | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|   | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|   | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|   | Sunfish          | All sizes    |                  |                  |               |              |
| <b>JEANETTE</b><br>St. Louis 69045600         | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              | shorter than 12" | 12" or longer    |               | Mercury      |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>JEFFERSON</b><br>Le Sueur 40009200 | Buffalo          | All sizes    |                  |                |            |              |
|                                       | Bullhead         | All sizes    |                  |                |            |              |
|                                       | Carp             | All sizes    |                  |                |            |              |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>JENNIE</b><br>Meeker 47001500      | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                       | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                       | Carp             | All sizes    |                  |                |            |              |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              | shorter than 21" | 21" or longer  |            | Mercury      |
| <b>JESSIE</b><br>Itasca 31078600      | Cisco            | All sizes    |                  |                |            |              |
|                                       | Crappie          | All sizes    |                  |                |            |              |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                       | Sunfish          | All sizes    |                  |                |            |              |
|                                       | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>JEWETT</b><br>Otter Tail 56087700  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Cisco            |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>JIM</b><br>Cook 16013500           | Lake Trout       |              |                  | All sizes      |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>JOHANNA</b><br>Pope 61000600       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              | All sizes        |                |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>JOHANNA</b><br>Ramsey 62007800     | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|                                       | Carp             | All sizes    |                  |                |            |              |
|                                       | Crappie          |              |                  | All sizes      |            | Mercury PFOS |
|                                       | Northern Pike    |              | shorter than 26" | 26" or longer  |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                             | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>JOHN</b><br>Cook 16003500                 | Northern Pike    |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>JOHN</b><br>Wright 86028800               | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>JOHN RES.</b><br>Yellow Medicine 87018100 | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>JOHNSON</b><br>Lake 38024200              | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>JOHNSON</b><br>St. Louis 69011700         | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>JOHNSON</b><br>St. Louis 69069100         | Northern Pike    |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>JORGENS</b><br>St. Louis 69086700         | Crayfish         | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>JOSEPH</b><br>St. Louis 69015700          | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | shorter than 18"     | 18" or longer         |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                               | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>JOSEPHINE</b><br>Ramsey 62005700     | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|   | Bullhead         |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>JOUPII</b><br>Lake 38090900          | Brook Trout      |              |                  | All sizes      |            | Mercury      |
|   |                  |              |                  |                |            |              |
| <b>JULIA</b><br>Beltrami 04016600       | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|   | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
| <b>JUNO</b><br>Cook 16040200            | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              |                  | All sizes      |            | Mercury      |
| <b>KABEKONA</b><br>Hubbard 29007500     | Cisco            |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Sunfish          |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>KABETOGAMA</b><br>St. Louis 69084500 | Cisco            |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              | shorter than 23" | 23" or longer  |            | Mercury      |
|   | Sauger           |              |                  | All sizes      |            | Mercury      |
|   | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>KABUSTASA</b><br>St. Louis 69067900  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>KANE</b><br>Lake 38065100            | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>KATHERINE</b><br>Lake 38053800       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| LAKE NAME<br>County DOWID*           | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>KAWISHIWI</b><br>Lake 38008000    | Northern Pike    |              | shorter than 15" | 15" or longer  |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>KELLER</b><br>Ramsey 62001000     | Bluegill Sunfish |              | All sizes        |                |            | PFOS         |
|                                      | Largemouth Bass  |              | All sizes        |                |            | PFOS         |
| <b>KELLY</b><br>St. Louis 69090100   | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>KELSO</b><br>Cook 16070600        | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>KEMO</b><br>Cook 16018800         | Lake Trout       |              | All sizes        |                |            | Mercury      |
|                                      | Splake           |              | All sizes        |                |            | Mercury      |
| <b>KIMBALL</b><br>Crow Wing 18036100 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Cisco            |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>KINOGAMI</b><br>Cook 16037800     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>KITCHI</b><br>Beltrami 04000700   | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Cisco            |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>KITIGAN</b><br>Lake 38055900      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|--------------------------------------|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>KJOSTAD</b><br>St. Louis 69074800 | Cisco            |              |                  | All sizes        |               | Mercury      |
|                                      | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                      | Walleye          |              |                  | shorter than 21" | 21" or longer | Mercury      |
| <b>KNAUS</b><br>Stearns 73008600     | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Carp             |              | All sizes        |                  |               | Mercury      |
|                                      | Channel Catfish  |              | shorter than 22" | 22" or longer    |               | Mercury      |
|                                      | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                      | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|                                      | Redhorse Sucker  |              | All sizes        |                  |               | Mercury      |
|                                      | Walleye          |              | All sizes        |                  |               | Mercury      |
|                                      | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>KNIFE</b><br>Kanabec 33002800     | Crappie          | All sizes    |                  |                  |               |              |
|                                      | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|                                      | Redhorse Sucker  | All sizes    |                  |                  |               |              |
|                                      | Walleye          |              | All sizes        |                  |               | Mercury      |
| <b>KNIFE</b><br>Lake 38040400        | Lake Trout       |              |                  | All sizes        |               | Mercury      |
|                                      | Lake Whitefish   |              | All sizes        |                  |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                      | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>KORONIS</b><br>Stearns 73020000   | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Bullhead         |              | All sizes        |                  |               | Mercury      |
|                                      | Carp             |              | All sizes        |                  |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                      | Redhorse Sucker  |              | All sizes        |                  |               | Mercury      |
|                                      | Walleye          |              |                  | shorter than 23" | 23" or longer | Mercury      |
|                                      | White Sucker     |              | All sizes        |                  |               | Mercury      |
|                                      | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>KOWALSKI</b><br>Lake 38001600     | Northern Pike    |              |                  | All sizes        |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME   | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>KRAYS</b><br>Stearns 73008700  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Carp             |              | All sizes        |                |            | Mercury      |
|   | Channel Catfish  |              | shorter than 22" | 22" or longer  |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Redhorse Sucker  |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>KREIGLE</b><br>Stearns 73009700  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   |                  |              |                  |                |            |              |
| <b>KREMER</b><br>Itasca 31064500  | Rainbow Trout    |              | All sizes        |                |            | Mercury      |
|   |                  |              |                  |                |            |              |
| <b>LAC LA CROIX</b><br>St. Louis 69022400   | Lake Trout       |              |                  | All sizes      |            | Mercury      |
|   | Lake Whitefish   |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| White fish from this lake contain dioxin, a chemical that may cause cancer in humans. Meat and dairy products also contain dioxin. At this time, MDH does not provide meal advice based on dioxin in fish. Although mercury levels in whitefish are low, you can reduce your exposure to dioxin by choosing to eat a different species and following the consumption guidelines for that species. |                  |              |                  |                |            |              |
| <b>LAC LAVON</b><br>Dakota 19044600   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>LAC QUI PARLE</b><br>Lac Qui Parle 37004600  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Carp             | All sizes    |                  |                |            |              |
|   | Channel Catfish  |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | shorter than 21" | 21" or longer  |            | Mercury      |
|   | White Bass       |              | All sizes        |                |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>LADY SLIPPER</b><br>Lyon 42002000  | Bullhead         | All sizes    |                  |                |            |              |
|   | Walleye          |              | shorter than 14" | 14" or longer  |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE OF THE ISLES          | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat       | Contaminants  |
|----------------------------|------------------|--------------|------------------|----------------|------------------|---------------|
| Hennepin 27004000          | Bluegill Sunfish |              | All sizes        |                |                  | PFOS          |
|                            | Carp             |              | All sizes        |                |                  | Mercury       |
|                            | Crappie          |              | All sizes        |                |                  | Mercury PFOS  |
|                            | Largemouth Bass  |              | All sizes        |                |                  | PFOS          |
|                            | Northern Pike    |              | All sizes        |                |                  | Mercury PFOS  |
|                            | Walleye          |              |                  |                | All sizes        | Mercury       |
|                            | White Sucker     |              |                  | All sizes      |                  | Mercury       |
|                            | Yellow Perch     |              |                  | All sizes      |                  | Mercury       |
| LAKE OF THE WOODS          | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat       | Contaminants  |
| Lake of the Woods 39000200 | Cisco            |              | All sizes        |                |                  | Mercury       |
|                            | Northern Pike    |              | shorter than 24" | 24" or longer  |                  | Mercury       |
|                            | Sauger           |              | All sizes        |                |                  | Mercury       |
|                            | Smallmouth Bass  |              |                  | All sizes      |                  | Mercury       |
|                            | Walleye          |              |                  | All sizes      |                  | Mercury       |
|                            | White Sucker     |              |                  | All sizes      |                  | Mercury       |
|                            | Yellow Perch     |              |                  | All sizes      |                  | Mercury       |
| LANGTON                    | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat       | Contaminants  |
| Ramsey 62004900            | Bluegill Sunfish |              | All sizes        |                |                  | Mercury       |
|                            | Bullhead         |              | All sizes        |                |                  | Mercury       |
|                            | Crappie          |              | All sizes        |                |                  | Mercury       |
| LATIMER                    | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat       | Contaminants  |
| Todd 77010500              | Crappie          | All sizes    |                  |                |                  |               |
|                            | White Sucker     |              | All sizes        |                |                  | Mercury       |
| LATOKA                     | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat       | Contaminants  |
| Douglas 21010600           | Bluegill Sunfish |              | All sizes        |                |                  | Mercury       |
|                            | Carp             |              | All sizes        |                |                  | Mercury       |
|                            | Cisco            |              | All sizes        |                |                  | Mercury       |
|                            | Crappie          |              | All sizes        |                |                  | Mercury       |
|                            | Largemouth Bass  |              |                  |                | All sizes        | Mercury       |
|                            | Northern Pike    |              |                  |                | All sizes        | Mercury       |
|                            | Walleye          |              |                  |                | shorter than 21" | 21" or longer |
| LAWRENCE                   | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat       | Contaminants  |
| Cass 11005300              | Bluegill Sunfish |              | All sizes        |                |                  | Mercury       |
|                            | Crappie          |              | All sizes        |                |                  | Mercury       |
|                            | Northern Pike    |              |                  | All sizes      |                  | Mercury       |
|                            | Walleye          |              |                  | All sizes      |                  | Mercury       |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

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|---|------------------|--------------|---------------|----------------|------------|--------------|
| <b>LAWRENCE</b><br>Itasca 31023100              | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Redhorse Sucker  |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>LAX</b><br>Lake 38040600                     | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>LE HOMME DIEU</b><br>Douglas 21005600        | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     | All sizes    |               |                |            |              |
| <b>LEANDER</b><br>St. Louis 69079600            | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Cisco            | All sizes    |               |                |            |              |
|   | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>LEECH</b><br>Cass 11020300                   | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Cisco            |              | All sizes     |                |            | Mercury      |
|   | Crappie          | All sizes    |               |                |            |              |
|   | Lake Whitefish   | All sizes    |               |                |            |              |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     | All sizes    |               |                |            |              |
|   | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>LEEK (TROWBRIDGE)</b><br>Otter Tail 56053200 | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>LEIF</b><br>Becker 03057500     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>LEMAY</b><br>Dakota 19005500    | Bluegill Sunfish |                     | All sizes            |                       |                   | PFOS                |
| <b>LEO</b><br>Cook 16019800        | Rainbow Trout    |                     | All sizes            |                       |                   | Mercury             |
|                                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>LEORA</b><br>St. Louis 69052100 | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                    | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                                    | Northern Pike    |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
|                                    | Walleye          |                     | shorter than 15"     | 15" or longer         |                   | Mercury             |
|                                    | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>LEWIS</b><br>Kanabec 33003200   | Bluegill Sunfish |                     |                      | All sizes             |                   | Mercury             |
|                                    | Carp             |                     |                      | All sizes             |                   | Mercury             |
|                                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                    | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>LICHEN</b><br>Cook 16038200     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>LIGHTNING</b><br>Grant 26028200 | Carp             | All sizes           |                      |                       |                   |                     |
|                                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>LILY</b><br>Washington 82002300 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>LINKA</b><br>Pope 61003700      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                    | White Sucker     | All sizes           |                      |                       |                   |                     |

**Notes:**

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                           | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>LINWOOD</b><br>Anoka 02002600           | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>LINWOOD</b><br>St. Louis 69024800       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>LITTLE</b><br>Chisago 13003300          | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>LITTLE</b><br>St. Louis 69005600        | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>LITTLE ALDEN</b><br>St. Louis 69013000  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>LITTLE BALL CLUB</b><br>Itasca 31082200 | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>LITTLE BASS</b><br>Itasca 31057500      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>LITTLE BASS</b><br>Pine 58012700        | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                       | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|---|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>LITTLE BEAR</b><br>Itasca 31015600           | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Crappie          | All sizes    |                  |                  |               |              |
|   | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>LITTLE BIRCH</b><br>Todd 77008900            | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Cisco            |              |                  | All sizes        |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>LITTLE BOY</b><br>Cass 11016700              | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|   | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|   | Smallmouth Bass  |              | All sizes        |                  |               | Mercury      |
|   | Walleye          |              | All sizes        |                  |               | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
|   | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>LITTLE CARNELIAN</b><br>Washington 82001400  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   |                  |              |                  |                  |               |              |
| <b>LITTLE CASCADE</b><br>Cook 16034700          | Northern Pike    |              |                  | shorter than 27" | 27" or longer | Mercury      |
|   | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>LITTLE CUT FOOT SIOUX</b><br>Itasca 31085200 | Bullhead         |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              | shorter than 21" | 21" or longer    |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
|   | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>LITTLE EMILY</b><br>Crow Wing 18020700       | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|   |                  |              |                  |                  |               |              |
| <b>LITTLE FLOYD</b><br>Becker 03038600          | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Cisco            |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                      | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>LITTLE HANGING HORN</b><br>Carlton 09003500 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              |                  | All sizes      |            | Mercury      |
| <b>LITTLE IRON</b><br>Cook 16035500            | Northern Pike    |              | shorter than 18" | 18" or longer  |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>LITTLE JAY GOULD</b><br>Itasca 31056600     | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>LITTLE JOHANNA</b><br>Ramsey 62005800       | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|  | Carp             | All sizes    |                  |                |            |              |
|  | Crappie          |              |                  | All sizes      |            | Mercury PFOS |
|  | Northern Pike    |              | shorter than 26" | 26" or longer  |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>LITTLE JOHN</b><br>Cook 16002600            | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>LITTLE JOHNSON</b><br>St. Louis 69076000    | Crayfish         | All sizes    |                  |                |            |              |
|  | Lake Whitefish   |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>LITTLE KNIFE</b><br>Lake 38022900           | Lake Trout       |              |                  | All sizes      |            | Mercury      |
|  | Lake Whitefish   |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                     | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>LITTLE LONG</b><br>Hennepin 27017900       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>LITTLE LONG</b><br>St. Louis 69006600      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
| <b>LITTLE LOON</b><br>St. Louis 69048400      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>LITTLE MANTRAP</b><br>Hubbard 29031300     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Bullhead         |              |                  | All sizes      |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              | shorter than 16" | 16" or longer  |            | Mercury      |
| <b>LITTLE MCDONALD</b><br>Otter Tail 56032800 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>LITTLE PELICAN</b><br>Crow Wing 18035100   | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury      |
| <b>LITTLE PINE</b><br>Otter Tail 56014200     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | shorter than 27" | 27" or longer  |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                 | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>LITTLE ROCK</b><br>Benton 05001300     | Crappie          | All sizes    |                  |                |            |              |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
| <b>LITTLE SAGANAGA</b><br>Cook 16080900   | Lake Trout       |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>LITTLE SAND</b><br>Hubbard 29015000    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury      |
|   | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
| <b>LITTLE SAND</b><br>St. Louis 69073200  | Bluegill Sunfish |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>LITTLE SANDY</b><br>St. Louis 69072900 | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>LITTLE SPIRIT</b><br>Jackson 32002400  | Carp             | All sizes    |                  |                |            |              |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
|   | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>LITTLE SWAN</b><br>Meeker 47002500     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>LITTLE TROUT</b><br>Cook 16017000      | Lake Trout       |              |                  | All sizes      |            | Mercury      |

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## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                       | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|---|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>LITTLE TROUT</b><br>St. Louis 69045500       | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Cisco            | All sizes    |                  |                  |               |              |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
|   | White Sucker     | All sizes    |                  |                  |               |              |
| <b>LITTLE TROUT</b><br>St. Louis 69068200       | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Smallmouth Bass  |              |                  |                  | All sizes     | Mercury      |
|   | Walleye          |              |                  |                  | All sizes     | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>LITTLE VERMILION</b><br>St. Louis 69060800   | Cisco            |              |                  | All sizes        |               | Mercury      |
|   | Crappie          |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              |                  | shorter than 25" | 25" or longer | Mercury      |
|   | Sauger           |              |                  | All sizes        |               | Mercury      |
|   | Smallmouth Bass  |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | shorter than 16" | 16" or longer | Mercury      |
|   | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>LITTLE WAVERLY</b><br>Wright 86010600        | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Bullhead         |              | All sizes        |                  |               | Mercury      |
|   | Crappie          |              | All sizes        |                  |               | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>LITTLE WILSON</b><br>Lake 38005100           | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              | shorter than 17" | 17" or longer    |               | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
|   | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>LITTLE WINNIBIGOSHISH</b><br>Itasca 31085000 | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              | All sizes        |                  |               | Mercury      |
|   | Yellow Perch     | All sizes    |                  |                  |               |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted        | 1 meal / week        | 1 meal / month        | Do Not Eat        | Contaminants        |
|--------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>LITTLE WOLF</b><br>Cass 11050500  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Northern Pike    |                     | shorter than 24"     | 24" or longer         |                   | Mercury             |
|                                      | Walleye          |                     | shorter than 14"     | 14" or longer         |                   | Mercury             |
|                                      | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>LIZZ</b><br>Cook 16019900         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|                                      | Brook Trout      |                     | All sizes            |                       |                   | Mercury             |
| <b>LIZZIE</b><br>Otter Tail 56076000 | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|                                      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                      | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                                      | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                                      | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
| Walleye                              |                  |                     | All sizes            |                       | Mercury           |                     |
| <b>LOBSTER</b><br>Douglas 21014400   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|                                      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                      | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                      | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                      | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| White Sucker                         | All sizes        |                     |                      |                       |                   |                     |
| <b>LOCATOR</b><br>St. Louis 69093600 | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|                                      | Crayfish         | All sizes           |                      |                       |                   |                     |
|                                      | Northern Pike    |                     |                      | shorter than 20"      | 20" or longer     | Mercury             |
| <b>LOCH NESS</b><br>Anoka 02058500   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|                                      | Sunfish          |                     | All sizes            |                       |                   | Mercury             |
| <b>LOEB</b><br>Ramsey 62023100       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|                                      | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
| <b>LOFT</b><br>Cook 16003100         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|                                      | Brook Trout      |                     | All sizes            |                       |                   | Mercury             |
| <b>LOITEN</b><br>St. Louis 69087200  | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|                                      | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |

### Notes:

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Contaminants listed were measured at levels high enough to warrant a recommendation to limit consumption.

Listing of consumption advice does not imply the fish are legal to keep, MN DNR fishing regulations should be consulted.

# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|--------------------------------------|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>LOMOND</b><br>Clearwater 15008100 | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                      | Walleye          |              |                  | All sizes        |               | Mercury      |
|                                      | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>LONE</b><br>Aitkin 01012500       | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Crappie          | All sizes    |                  |                  |               |              |
|                                      | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|                                      | Walleye          |              | All sizes        |                  |               | Mercury      |
| <b>LONG</b><br>Aitkin 01008900       | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Cisco            |              | All sizes        |                  |               | Mercury      |
|                                      | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                      | Northern Pike    |              |                  | shorter than 24" | 24" or longer | Mercury      |
|                                      | Walleye          |              |                  | shorter than 17" | 17" or longer | Mercury      |
| <b>LONG</b><br>Becker 03038300       | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Cisco            |              | All sizes        |                  |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                      | Walleye          |              |                  | All sizes        |               | Mercury      |
|                                      | White Sucker     | All sizes    |                  |                  |               |              |
| <b>LONG</b><br>Big Stone 06002000    | Carp             | All sizes    |                  |                  |               |              |
|                                      | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                      | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>LONG</b><br>Cass 11014200         | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Cisco            |              | All sizes        |                  |               | Mercury      |
|                                      | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                      | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|                                      | Northern Pike    |              | shorter than 21" | 21" or longer    |               | Mercury      |
|                                      | Walleye          |              | shorter than 16" | 16" or longer    |               | Mercury      |
|                                      | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>LONG</b><br>Clearwater 15005700   | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Rainbow Trout    |              | All sizes        |                  |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>LONG</b><br>Hennepin 27016000   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                    | Northern Pike    |                     | shorter than 24"     | 24" or longer         |                   | Mercury             |
| <b>LONG</b><br>Hubbard 29016100    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                    | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                                    | Northern Pike    |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
|                                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                                    | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>LONG</b><br>Itasca 31057000     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>LONG</b><br>Kandiyohi 34006600  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>LONG</b><br>Kandiyohi 34019200  | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                                    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                                    | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
| <b>LONG</b><br>Meeker 47002600     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                    | Carp             | All sizes           |                      |                       |                   |                     |
|                                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>LONG</b><br>Meeker 47017700     | Bullhead         | All sizes           |                      |                       |                   |                     |
| <b>LONG</b><br>Otter Tail 56038800 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>LONG</b><br>Otter Tail 56078400 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LONG</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Pine 58010700      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     | shorter than 23"     | 23" or longer         |                   | Mercury             |
| <b>LONG</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Ramsey 62006700    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Carp             | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>LONG</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69076500 | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     | All sizes           |                      |                       |                   |                     |
|                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>LONG</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69085900 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Cisco            |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      |                       | All sizes         | Mercury             |
| <b>LONG</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Stearns 73013900   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Channel Catfish  |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     |                      |                       | All sizes         | Mercury             |
| <b>LONG</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Stevens 75002400   | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         | All sizes           |                      |                       |                   |                     |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>LONG</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Todd 77002700      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>LONG LOST</b><br>Clearwater 15006800 | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|   | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>LONG TOM</b><br>Big Stone 06002900   | Carp             |                     | All sizes            |                       |                   | Mercury             |
|   | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|   | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>LONGYEAR</b><br>St. Louis 69085700   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|   | White Sucker     | All sizes           |                      |                       |                   |                     |
|   | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>LOON</b><br>Becker 03048900          | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
| <b>LOON</b><br>Blue Earth 07009600      | Crappie          | All sizes           |                      |                       |                   |                     |
|   | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>LOON</b><br>Cook 16044800            | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|   | Lake Trout       |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | shorter than 29"      | 29" or longer     | Mercury             |
|   | Rock Bass        |                     | All sizes            |                       |                   | Mercury             |
|   | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>LOON</b><br>Itasca 31057100          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>LOON</b><br>Jackson 32002000         | Carp             | All sizes           |                      |                       |                   |                     |
|   | Crappie          | All sizes           |                      |                       |                   |                     |
|   | Walleye          |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| LAKE NAME<br>County DOWID*         | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>LOON</b><br>St. Louis 69042600  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                    | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                    | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>LOON</b><br>St. Louis 69047000  | Cisco            |              | All sizes        |                |            | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                    | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>LOON</b><br>Waseca 81001500     | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                    | Bullhead         | All sizes    |                  |                |            |              |
|                                    | Crappie          | All sizes    |                  |                |            |              |
|                                    | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
| <b>LOST</b><br>Lake 38000300       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                    | White Sucker     |              |                  | All sizes      |            | Mercury      |
|                                    | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>LOST</b><br>St. Louis 69055600  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|                                    | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>LOST</b><br>St. Louis 69058100  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Walleye          |              | All sizes        |                |            | Mercury      |
|                                    | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                    | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>LOST</b><br>Washington 82013400 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>LOTUS</b><br>Carver 10000600    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                    | Carp             |              | All sizes        |                |            | Mercury      |
|                                    | Walleye          |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                            | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>LOUISE</b><br>Washington 82002500        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
| <b>LOUISE MILL POND</b><br>Mower 50000100   | Carp             |                     |                      | All sizes             |                   | Mercury             |
|   | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
| <b>LOW</b><br>St. Louis 69007000            | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|   | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|   | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>LOWER BOTTLE</b><br>Hubbard 29018000     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|   | Crappie          | All sizes           |                      |                       |                   |                     |
|   | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|   | Sunfish          | All sizes           |                      |                       |                   |                     |
|   | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|   | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>LOWER COMSTOCK</b><br>St. Louis 69041202 | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      |                       | All sizes         | Mercury             |
|   | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
| <b>LOWER CULLEN</b><br>Crow Wing 18040300   | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|   | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|   | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>LOWER HAY</b><br>Crow Wing 18037800      | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|   | Northern Pike    |                     | shorter than 23"     | 23" or longer         |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                  | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>LOWER PANASA</b><br>Itasca 31011200     | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>LOWER PAUNESS</b><br>St. Louis 69046400 | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
|  |                  |              |                  |                |            |              |
| <b>LOWER PRIOR</b><br>Scott 70002600       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
| <b>LOWER SAKATAH</b><br>Rice 66004400      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Channel Catfish  |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Freshwater Drum  |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | shorter than 16" | 16" or longer  |            | Mercury      |
|  | White Bass       |              |                  | All sizes      |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>LOWER SUCKER</b><br>Cass 11031300       | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                             | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|---------------------------------------|------------------|--------------|---------------|----------------|------------|--------------|
| <b>LOWER TRELIPE</b><br>Cass 11012900 | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                                       | Crappie          |              | All sizes     |                |            | Mercury      |
|                                       | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|                                       | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                                       | Walleye          |              | All sizes     |                |            | Mercury      |
| <b>LOWER TWIN</b><br>Wadena 80003000  | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                                       | Crappie          |              | All sizes     |                |            | Mercury      |
|                                       | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                       | Redhorse Sucker  |              | All sizes     |                |            | Mercury      |
|                                       | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>LUCKY</b><br>Itasca 31060300       | Brown Trout      |              | All sizes     |                |            | Mercury      |
| <b>LUCY</b><br>Carver 10000700        | Bluegill Sunfish | All sizes    |               |                |            |              |
|                                       | Bullhead         |              | All sizes     |                |            | Mercury      |
|                                       | Northern Pike    |              |               | All sizes      |            | Mercury      |
| <b>LUPUS</b><br>Lake 38003800         | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                                       | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>LURA</b><br>Blue Earth 07007900    |                  | All sizes    |               |                |            |              |
|                                       | Bluegill Sunfish | All sizes    |               |                |            |              |
|                                       | Bullhead         |              | All sizes     |                |            | Mercury      |
|                                       | Carp             | All sizes    |               |                |            |              |
|                                       | Crappie          |              | All sizes     |                |            | Mercury      |
|                                       | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                                       | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>LYNX</b><br>St. Louis 69038300     | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
|                                       | Walleye          |              |               |                | All sizes  | Mercury      |

### Notes:

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                           | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>MADISON</b>                      |                  |              |                  |                |            |              |
| Blue Earth 07004400                 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                     | Carp             |              | All sizes        |                |            | Mercury      |
|                                     | Crappie          | All sizes    |                  |                |            |              |
|                                     | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                     | Walleye          |              | All sizes        |                |            | Mercury      |
|                                     | White Bass       |              |                  | All sizes      |            | Mercury      |
|                                     | White Sucker     | All sizes    |                  |                |            |              |
|                                     | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>MAHNOMEN, ALSTEAD &amp; ARCO</b> |                  |              |                  |                |            |              |
| Crow Wing 18044000                  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                     | Northern Pike    |              | shorter than 31" | 31" or longer  |            | Mercury      |
|                                     | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
| <b>MANTRAP</b>                      |                  |              |                  |                |            |              |
| Hubbard 29015100                    | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                     | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                                     | Northern Pike    |              | shorter than 25" | 25" or longer  |            | Mercury      |
|                                     | Sunfish          | All sizes    |                  |                |            |              |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                     | White Sucker     | All sizes    |                  |                |            |              |
|                                     | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>MANUELLA</b>                     |                  |              |                  |                |            |              |
| Meeke 47005000                      | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                     | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
| <b>MANY POINT</b>                   |                  |              |                  |                |            |              |
| Becker 03015800                     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                     | Bowfin           |              |                  | All sizes      |            | Mercury      |
|                                     | Cisco            | All sizes    |                  |                |            |              |
|                                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                     | White Sucker     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>  | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>MAPLE</b><br>Douglas 21007900                            | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|   | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|   | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      |                       | All sizes         | Mercury             |
|   | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
| <b>MAPLE</b><br>Meeker 47000100                             | Carp             | All sizes           |                      |                       |                   |                     |
|   | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>MAPLE</b><br>Polk 60030500                               | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|   | Bullhead         | All sizes           |                      |                       |                   |                     |
|   | Carp             | All sizes           |                      |                       |                   |                     |
|   | Crappie          | All sizes           |                      |                       |                   |                     |
|   | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|   | Walleye          |                     | shorter than 21"     | 21" or longer         |                   | Mercury             |
|   | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>MAPLE</b><br>Todd 77018100                               | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|   | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>MAPLE</b><br>Wright 86013400                             | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|   | Carp             |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
| <b>MARIETTA KIDS FISHING POND</b><br>Lac Qui Parle 37035500 | Carp             |                     | All sizes            |                       |                   | Mercury             |
|   | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
| <b>MARION</b><br>Dakota 19002600                            | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|   | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|   | Carp             | All sizes           |                      |                       |                   |                     |
|   | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|   | Walleye          |                     | All sizes            |                       |                   | Mercury             |

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>MARION</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| McLeod 43008400     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Carp             | All sizes           |                      |                       |                   |                     |
|                     | Channel Catfish  |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      |                       | All sizes         | Mercury             |
| <b>MARION</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Otter Tail 56024300 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>MARION</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69075500  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>MARK</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16025000       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>MARQUETTE</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Beltrami 04014200   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>MARSH</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Big Stone 06000100  | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | shorter than 22"     | 22" or longer         |                   | Mercury             |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>MARSH</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16048800       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>MARTIN</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Anoka 02003400      | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>MARY</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Douglas 21009200   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>MARY</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Todd 77001900      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>MARY</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Wright 86019300    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Carp             | All sizes           |                      |                       |                   |                     |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>MASHKENODE</b>  | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69072500 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>MAUD</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Becker 03050000    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      |                       | shorter than 24"  | 24" or longer       |
| <b>MAUDE</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69059000 | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                    | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>MAYHEW</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Benton 05000700    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>MAYHEW</b><br>Cook 16033700       | Lake Trout       |              | All sizes        |                |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                      | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>MAYO</b><br>Crow Wing 18040800    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      |                  |              |                  |                |            |              |
| <b>MAZASKA</b><br>Rice 66003900      | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Carp             |              | All sizes        |                |            | Mercury      |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>MCCARRON</b><br>Ramsey 62005400   | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|                                      | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
| <b>MCDONALD</b><br>Cook 16023500     | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|                                      | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>MCFARLAND</b><br>Cook 16002700    | Lake Whitefish   | All sizes    |                  |                |            |              |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | shorter than 20" | 20" or longer  |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                      | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>MCPHILL</b><br>Scott 70005000     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>MEANDER</b><br>St. Louis 69032900 | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| MEDICINE          | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|-------------------|------------------|--------------|---------------|----------------|------------|--------------|
| Beltrami 04012200 | Crappie          | All sizes    |               |                |            |              |
|                   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                   | Walleye          |              |               | All sizes      |            | Mercury      |
| MEDICINE          | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
| Hennepin 27010400 | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                   | Bullhead         |              | All sizes     |                |            | Mercury      |
|                   | Carp             |              | All sizes     |                |            | Mercury      |
|                   | Crappie          |              | All sizes     |                |            | Mercury      |
|                   | Largemouth Bass  |              | All sizes     |                |            | Mercury PFOS |
|                   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                   | Yellow Perch     |              |               | All sizes      |            | Mercury      |
| MEDITATION        | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
| Cook 16058300     | Brook Trout      |              |               | All sizes      |            | Mercury      |
| MELISSA           | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
| Becker 03047500   | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                   | Bullhead         |              | All sizes     |                |            | Mercury      |
|                   | Crappie          |              | All sizes     |                |            | Mercury      |
|                   | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|                   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                   | Sunfish          |              |               | All sizes      |            | Mercury      |
|                   | Walleye          |              |               | All sizes      |            | Mercury      |
|                   | White Sucker     |              |               | All sizes      |            | Mercury      |
| MESABA            | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
| Cook 16067300     | Lake Trout       |              |               | All sizes      |            | Mercury      |
|                   | Northern Pike    |              |               | All sizes      |            | Mercury      |
| MIDDLE JEFFERSON  | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
| Le Sueur 40009204 | Bluegill Sunfish | All sizes    |               |                |            |              |
|                   | Bullhead         | All sizes    |               |                |            |              |
|                   | Carp             | All sizes    |               |                |            |              |
|                   | Crappie          |              | All sizes     |                |            | Mercury      |
|                   | Northern Pike    |              | All sizes     |                |            | Mercury      |
| MIDDLE MCDOUGAL   | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
| Lake 38065800     | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                   | Walleye          |              |               | All sizes      |            | Mercury      |
|                   | White Sucker     |              |               | All sizes      |            | Mercury      |
|                   | Yellow Perch     |              | All sizes     |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>MIDGE</b>        |                  |                     |                      |                       |                   |                     |
| Hubbard 29006600    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     | All sizes           |                      |                       |                   |                     |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>MILL</b>         |                  |                     |                      |                       |                   |                     |
| Douglas 21018000    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>MILLE LACS</b>   |                  |                     |                      |                       |                   |                     |
| Mille Lacs 48000200 | Burbot           |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Cisco            | All sizes           |                      |                       |                   |                     |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | shorter than 30"     | 30" or longer         |                   | Mercury             |
|                     | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Sunfish          |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
|                     | White Sucker     | All sizes           |                      |                       |                   |                     |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>MILLER</b>       |                  |                     |                      |                       |                   |                     |
| Carver 10002900     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>MILLS</b>        |                  |                     |                      |                       |                   |                     |
| Blue Earth 07009700 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             | All sizes           |                      |                       |                   |                     |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>MILTONA</b>      |                  |                     |                      |                       |                   |                     |
| Douglas 21008300    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

**Notes:**

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>MINA</b><br>Douglas 21010800        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | shorter than 20"      | 20" or longer     | Mercury             |
| <b>MINERVA</b><br>Clearwater 15007900  | Bullhead         | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Sunfish          | All sizes           |                      |                       |                   |                     |
|  | Walleye          |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
| <b>MINISTER</b><br>St. Louis 69006500  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>MINK</b><br>Cook 16004600           | Rainbow Trout    |                     | All sizes            |                       |                   | Mercury             |
|  | Splake           |                     | All sizes            |                       |                   | Mercury             |
| <b>MINNETONKA</b><br>Hennepin 27013300 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | shorter than 27"     | 27" or longer         |                   | Mercury             |
|  | Walleye          |                     | shorter than 18"     | 18" or longer         |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>MINNEWASHTA</b><br>Carver 10000900  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME   | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|---------------|----------------|------------|--------------|
| <b>MINNEWASKA</b><br>Pope 61013000                  | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Bullhead         |              |               | All sizes      |            | Mercury      |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     | All sizes    |               |                |            |              |
|   | Yellow Perch     |              |               | All sizes      |            | Mercury      |
| <b>MINNEWAWA</b><br>Aitkin 01003300                 | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Bullhead         |              | All sizes     |                |            | Mercury      |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>MINNIE-BELLE</b><br>Meeker 47011900              | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Bullhead         |              |               | All sizes      |            | Mercury      |
|   | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>MINNTAC TAILINGS BASIN</b><br>St. Louis 69000000 | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>MIT</b><br>Cook 16019300                         | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>MITAWAN</b><br>Lake 38056100                     | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>MITCHELL</b><br>Hennepin 27007000                | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|   | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Bullhead         |              | All sizes     |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                               | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>MITCHELL</b><br>Sherburne 71008100   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Carp             |              | All sizes        |                |            | Mercury PCBs |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>MOBERG</b><br>St. Louis 69084700     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>MONONGALIA</b><br>Kandiyohi 34015800 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Carp             | All sizes    |                  |                |            |              |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Sunfish          |              | All sizes        |                |            | Mercury      |
| <b>MOON</b><br>Douglas 21022600         | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>MOORE</b><br>Cook 16048900           | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>MOOSE</b><br>Beltrami 04001100       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>MOOSE</b><br>Cook 16004300           | Lake Trout       |              |                  | All sizes      |            | Mercury      |
|   | Lake Whitefish   |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | shorter than 16" | 16" or longer  |            | Mercury      |
| <b>MOOSE</b><br>Itasca 31072200         | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Cisco            |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>MOOSE</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b>     | <b>Contaminants</b> |
|----------------------|------------------|---------------------|----------------------|-----------------------|-----------------------|---------------------|
| Koochiching 36000800 | Crappie          |                     | All sizes            |                       |                       | Mercury             |
|                      | Northern Pike    |                     |                      | All sizes             |                       | Mercury             |
| <b>MOOSE</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b>     | <b>Contaminants</b> |
| Lake 38064400        | Bluegill Sunfish |                     | All sizes            |                       |                       | Mercury             |
|                      | Cisco            |                     | All sizes            |                       |                       | Mercury             |
|                      | Largemouth Bass  |                     |                      | All sizes             |                       | Mercury             |
|                      | Northern Pike    |                     |                      | shorter than 32"      | 32" or longer         | Mercury             |
|                      | Smallmouth Bass  |                     |                      | All sizes             |                       | Mercury             |
|                      | Walleye          |                     |                      | shorter than 17"      | 17" or longer         | Mercury             |
|                      | <b>MOOSE</b>     | <b>Species</b>      | <b>Unrestricted</b>  | <b>1 meal / week</b>  | <b>1 meal / month</b> | <b>Do Not Eat</b>   |
| St. Louis 69075000   | Bluegill Sunfish | All sizes           |                      |                       |                       |                     |
|                      | Northern Pike    |                     |                      | All sizes             |                       | Mercury             |
|                      | Walleye          |                     |                      | All sizes             |                       | Mercury             |
|                      | White Sucker     |                     | All sizes            |                       |                       | Mercury             |
|                      | Yellow Perch     |                     | All sizes            |                       |                       | Mercury             |
|                      | <b>MOOSE</b>     | <b>Species</b>      | <b>Unrestricted</b>  | <b>1 meal / week</b>  | <b>1 meal / month</b> | <b>Do Not Eat</b>   |
| St. Louis 69080600   | Bullhead         |                     | All sizes            |                       |                       | Mercury             |
|                      | Crappie          |                     |                      | All sizes             |                       | Mercury             |
|                      | Northern Pike    |                     |                      | All sizes             |                       | Mercury             |
|                      | Walleye          |                     |                      | All sizes             |                       | Mercury             |
|                      | <b>MOOSEHEAD</b> | <b>Species</b>      | <b>Unrestricted</b>  | <b>1 meal / week</b>  | <b>1 meal / month</b> | <b>Do Not Eat</b>   |
| Carlton 09004100     | Crappie          |                     |                      | All sizes             |                       | Mercury             |
|                      | Northern Pike    |                     |                      | All sizes             |                       | Mercury             |
|                      | Walleye          |                     |                      | shorter than 19"      | 19" or longer         | Mercury             |
|                      | White Sucker     |                     |                      | All sizes             |                       | Mercury             |
|                      | <b>MOOSEHORN</b> | <b>Species</b>      | <b>Unrestricted</b>  | <b>1 meal / week</b>  | <b>1 meal / month</b> | <b>Do Not Eat</b>   |
| Cook 16001500        | Splake           |                     |                      | All sizes             |                       | Mercury             |
| <b>MORGAN</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b>     | <b>Contaminants</b> |
| Cook 16022000        | Northern Pike    |                     |                      | All sizes             |                       | Mercury             |
| <b>MOSES</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b>     | <b>Contaminants</b> |
| Douglas 21024500     | Bluegill Sunfish |                     | All sizes            |                       |                       | Mercury             |
|                      | Bullhead         | All sizes           |                      |                       |                       |                     |
|                      | Crappie          |                     | All sizes            |                       |                       | Mercury             |
|                      | Largemouth Bass  |                     |                      | All sizes             |                       | Mercury             |
|                      | Northern Pike    |                     |                      | All sizes             |                       | Mercury             |
|                      | Walleye          |                     |                      | All sizes             |                       | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>MOSS</b><br>Cook 16023400           | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>MOULTON</b><br>Aitkin 01021200      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|  | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|  | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>MOUNTAIN</b><br>Cook 16009300       | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>MOUNTAIN</b><br>Cottonwood 17000300 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Bullhead         | All sizes           |                      |                       |                   |                     |
|  | Carp             | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>MOVIL</b><br>Beltrami 04015200      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>MUCKWA</b><br>St. Louis 69015900    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>MUD</b><br>Traverse 78002400        | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>MUDRO</b><br>St. Louis 69007800     | Burbot           |                     |                      |                       | All sizes         | Mercury             |
|  | Cisco            |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     |                      | shorter than 17"      | 17" or longer     | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>MUKOODA</b><br>St. Louis 69068400 | Cisco            |              | All sizes        |                |            | Mercury      |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>MULE</b><br>Cass 11020000         | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Cisco            | All sizes    |                  |                |            |              |
|                                      | Crappie          | All sizes    |                  |                |            |              |
|                                      | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>MURPHY</b><br>Otter Tail 56022900 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Northern Pike    |              | shorter than 23" | 23" or longer  |            | Mercury      |
| <b>MURPHY</b><br>St. Louis 69064600  | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | shorter than 23" | 23" or longer  |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>MURPHY</b><br>Scott 70001000      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                      | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                      | Sauger           |              |                  | All sizes      |            | Mercury      |
| <b>MUSKRAT</b><br>Becker 03036000    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>MUSQUASH</b><br>Cook 16010400     | Splake           |              | All sizes        |                |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>MYRTLE</b><br>St. Louis 69074900  | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>NAMAKAN</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| St. Louis 69069300 | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Lake Whitefish   |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | shorter than 28"      | 28" or longer     | Mercury             |
|                    | Rock Bass        |                     |                      | All sizes             |                   | Mercury             |
|                    | Sauger           |                     |                      | All sizes             |                   | Mercury             |
|                    | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>NELS</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69008000 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | shorter than 24"      | 24" or longer     | Mercury             |
|                    | Walleye          |                     |                      | shorter than 19"      | 19" or longer     | Mercury             |
| <b>NEST</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Kandiyohi 34015400 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                    | Channel Catfish  |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>NET</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69075700 | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>NEWFOUND</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38061900      | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     | shorter than 17"     | 17" or longer         |                   | Mercury             |
| <b>NEWMAN</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Hubbard 29023700   | Rainbow Trout    |                     | All sizes            |                       |                   | Mercury             |
| <b>NEWTON</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38078400      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>NICADO</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38023000      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| LAKE NAME<br>County DOWID*          | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|-------------------------------------|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>NICKEL</b><br>Lake 38070500      | Walleye          |              |                  | All sizes        |               | Mercury      |
|                                     | White Sucker     |              |                  | All sizes        |               | Mercury      |
| <b>NIGH</b><br>St. Louis 69045700   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                     | Walleye          |              |                  | shorter than 17" | 17" or longer | Mercury      |
|                                     | White Sucker     |              |                  | All sizes        |               | Mercury      |
| <b>NINEMILE</b><br>Lake 38003300    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                     | Walleye          |              |                  | All sizes        |               | Mercury      |
|                                     | White Sucker     |              | All sizes        |                  |               | Mercury      |
|                                     | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>NIPISQUIT</b><br>Lake 38023200   | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|                                     | Walleye          |              | All sizes        |                  |               | Mercury      |
| <b>NOKAY</b><br>Crow Wing 18010400  | Bluegill Sunfish |              |                  | All sizes        |               | Mercury      |
|                                     | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|                                     | Walleye          |              | All sizes        |                  |               | Mercury      |
| <b>NOKOMIS</b><br>Hennepin 27001900 | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|                                     | Bullhead         | All sizes    |                  |                  |               |              |
|                                     | Carp             | All sizes    |                  |                  |               |              |
|                                     | Crappie          | All sizes    |                  |                  |               |              |
|                                     | Walleye          |              | All sizes        |                  |               | Mercury      |
|                                     | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>NORTH</b><br>Cook 16033100       | Lake Trout       |              | shorter than 19" | 19" or longer    |               | Mercury      |
|                                     | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                     | Walleye          |              |                  | All sizes        |               | Mercury      |
|                                     | White Sucker     |              | All sizes        |                  |               | Mercury      |
|                                     | Yellow Perch     |              | All sizes        |                  |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|----------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>NORTH BROWN'S</b> |                  |              |                  |                |            |              |
| Stearns 73014700     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                      | Channel Catfish  |              | All sizes        |                |            | Mercury      |
|                      | Crappie          |              |                  | All sizes      |            | Mercury      |
|                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>NORTH CENTER</b>  |                  |              |                  |                |            |              |
| Chisago 13003200     | Bullhead         | All sizes    |                  |                |            |              |
|                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                      | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>NORTH FOWL</b>    |                  |              |                  |                |            |              |
| Cook 16003600        | Walleye          |              | shorter than 18" | 18" or longer  |            | Mercury      |
|                      | White Sucker     | All sizes    |                  |                |            |              |
|                      | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>NORTH LIDA</b>    |                  |              |                  |                |            |              |
| Otter Tail 56074701  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                      | Bullhead         |              |                  | All sizes      |            | Mercury      |
|                      | Carp             |              | All sizes        |                |            | Mercury      |
|                      | Cisco            |              | All sizes        |                |            | Mercury      |
|                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                      | Rock Bass        |              | All sizes        |                |            | Mercury      |
|                      | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                      | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>NORTH LONG</b>    |                  |              |                  |                |            |              |
| Crow Wing 18037200   | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                      | Carp             |              | All sizes        |                |            | Mercury      |
|                      | Cisco            |              | All sizes        |                |            | Mercury      |
|                      | Crappie          | All sizes    |                  |                |            |              |
|                      | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                      | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury      |
|                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>NORTH MCDUGAL</b> |                  |              |                  |                |            |              |
| Lake 38068600        | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                      | White Sucker     |              | All sizes        |                |            | Mercury      |
|                      | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                  | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>NORTH STAR</b><br>Itasca 31065300       | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>NORTH STAR STEEL</b><br>Ramsey 62023700 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Buffalo          |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Freshwater Drum  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>NORTH TAMARACK</b><br>Becker 03024102   | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Bullhead         | All sizes    |                  |                |            |              |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Largemouth Bass  | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>NORTH TURTLE</b><br>Otter Tail 56037900 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>NORTH TWIN</b><br>Mahnomen 44002300     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              | shorter than 24" | 24" or longer  |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>NORTH TWIN</b><br>St. Louis 69041900    | Bluegill Sunfish |              |                  | All sizes      |            | Mercury      |
|  | Crappie          |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-----------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>NORTHERN LIGHT</b> |                  |              |                  |                |            |              |
| Cook 16008900         | Northern Pike    |              | shorter than 17" | 17" or longer  |            | Mercury      |
|                       | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|                       | Sunfish          |              | All sizes        |                |            | Mercury      |
|                       | Walleye          |              |                  | All sizes      |            | Mercury      |
|                       | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>NORWAY</b>         |                  |              |                  |                |            |              |
| Kandiyohi 34025100    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                       | Carp             | All sizes    |                  |                |            |              |
|                       | Freshwater Drum  | All sizes    |                  |                |            |              |
|                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                       | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>NORWAY</b>         |                  |              |                  |                |            |              |
| Lake 38068800         | Splake           |              | All sizes        |                |            | Mercury      |
| <b>NOSE</b>           |                  |              |                  |                |            |              |
| Itasca 31041700       | Crappie          |              | All sizes        |                |            | Mercury      |
|                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>OAK</b>            |                  |              |                  |                |            |              |
| Carver 10009300       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                       | Bullhead         |              | All sizes        |                |            | Mercury      |
|                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                       | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>OAK</b>            |                  |              |                  |                |            |              |
| Pine 58004800         | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                       | White Sucker     | All sizes    |                  |                |            |              |
| <b>O'BRIEN</b>        |                  |              |                  |                |            |              |
| Itasca 31003200       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                       | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                 | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|---------------|----------------|------------|--------------|
| <b>O'BRIEN RES. #4</b><br>Itasca 31122500 | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes     |                |            | Mercury      |
|   | Yellow Perch     |              |               |                | All sizes  | Mercury      |
| <b>OCHEDA</b><br>Nobles 53002400          | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|   | Carp             | All sizes    |               |                |            |              |
|   | Walleye          | All sizes    |               |                |            |              |
| <b>O'DOWD</b><br>Scott 70009500           | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|   | Bullhead         |              | All sizes     |                |            | Mercury      |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               |                | All sizes  | Mercury      |
|   | White Sucker     | All sizes    |               |                |            |              |
| <b>OGISHKEMUNCIE</b><br>Lake 38018000     | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|   | Lake Trout       |              |               | All sizes      |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>OJIBWAY</b><br>Lake 38064000           | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|   | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Cisco            |              | All sizes     |                |            | Mercury      |
|   | Lake Trout       |              |               | All sizes      |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
| <b>OKABENA</b><br>Nobles 53002800         | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|   | Channel Catfish  |              | All sizes     |                |            | Mercury      |
|   | Crappie          | All sizes    |               |                |            |              |
|   | Sunfish          | All sizes    |               |                |            |              |
|   | Walleye          |              | All sizes     |                |            | Mercury      |
|   | White Sucker     |              | All sizes     |                |            | Mercury      |
|   | Yellow Perch     | All sizes    |               |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>OLAF</b><br>Otter Tail 56095000    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                       | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>OLE</b><br>St. Louis 69017500      | Bluegill Sunfish |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      |                       | All sizes         | Mercury             |
|                                       | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>O'LEARY</b><br>St. Louis 69068500  | Crayfish         | All sizes           |                      |                       |                   |                     |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                                       | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                                       | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>OLIVER</b><br>Swift 76014600       | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                                       | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>OLSON</b><br>Washington 82010300   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                       | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>ONE</b><br>Lake 38060500           | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>ONE PINE</b><br>St. Louis 69006100 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                             | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|---------------------------------------|------------------|--------------|---------------|----------------|------------|--------------|
| <b>ORCHARD</b><br>Dakota 19003100     | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                                       | Bullhead         |              |               | All sizes      |            | Mercury      |
|                                       | Carp             |              | All sizes     |                |            | Mercury      |
|                                       | Crappie          |              | All sizes     |                |            | Mercury      |
|                                       | Largemouth Bass  |              |               |                | All sizes  | Mercury      |
|                                       | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                       | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>ORGAN</b><br>Lake 38006700         | Northern Pike    |              |               |                | All sizes  | Mercury      |
|                                       | White Sucker     |              | All sizes     |                |            | Mercury      |
|                                       | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>ORINIACK</b><br>St. Louis 69058700 | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                       | Walleye          |              |               | All sizes      |            | Mercury      |
|                                       | White Sucker     |              | All sizes     |                |            | Mercury      |
|                                       | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>ORONO</b><br>Sherburne 71001300    | Carp             |              |               | All sizes      |            | Mercury      |
|                                       | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                                       | Smallmouth Bass  |              | All sizes     |                |            | Mercury      |
| <b>ORWELL</b><br>Otter Tail 56094500  | Carp             |              | All sizes     |                |            | Mercury      |
|                                       | Crappie          |              | All sizes     |                |            | Mercury      |
|                                       | Walleye          |              | All sizes     |                |            | Mercury      |
| <b>OSAKIS</b><br>Todd 77021500        | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                                       | Bullhead         |              | All sizes     |                |            | Mercury      |
|                                       | Crappie          |              | All sizes     |                |            | Mercury      |
|                                       | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                       | Walleye          |              |               | All sizes      |            | Mercury      |
|                                       | White Sucker     |              | All sizes     |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                            | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>OSCAR</b><br>Douglas 21025700            | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|   | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|   | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|   | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>OSIER</b><br>Lake 38042000               | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>OSLO</b><br>St. Louis 69083800           | Northern Pike    |                     |                      | shorter than 19"      | 19" or longer     | Mercury             |
| <b>OSSAWINNAMAKEE</b><br>Crow Wing 18035200 | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>OTTER</b><br>Anoka 02000300              | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|   | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>OTTER</b><br>Cook 16003200               | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>OTTER</b><br>McLeod 43008500             | Carp             |                     | All sizes            |                       |                   | Mercury             |
|   | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>OTTER TAIL</b><br>Otter Tail 56024200    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|   | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Redhorse Sucker  |                     | All sizes            |                       |                   | Mercury             |
|   | Walleye          |                     | shorter than 14"     | 14" or longer         |                   | Mercury             |
|   | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|   | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>OTTERTRACK</b><br>Lake 38021100          | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
|   | Lake Whitefish   |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|--------------------------------------|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>OTTO</b><br>St. Louis 69014400    | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                      | White Sucker     |              | All sizes        |                  |               | Mercury      |
|                                      | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>OWASSO</b><br>Ramsey 62005600     | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|                                      | Bullhead         |              | All sizes        |                  |               | Mercury      |
|                                      | Carp             |              | All sizes        |                  |               | Mercury      |
|                                      | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                      | Walleye          |              | shorter than 19" | 19" or longer    |               | Mercury      |
|                                      | White Sucker     | All sizes    |                  |                  |               |              |
| Yellow Perch                         |                  |              | All sizes        |                  | Mercury       |              |
| <b>OX HIDE</b><br>Itasca 31010600    | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                      | White Sucker     | All sizes    |                  |                  |               |              |
| <b>OYSTER</b><br>St. Louis 69033000  | Northern Pike    |              |                  | shorter than 25" | 25" or longer | Mercury      |
| <b>PAGE</b><br>Stevens 75001900      | Carp             |              | All sizes        |                  |               | Mercury      |
|                                      | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                      | Walleye          |              |                  | All sizes        |               | Mercury      |
|                                      | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>PALMER</b><br>Hubbard 29008700    | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                                      | Crappie          |              | All sizes        |                  |               | Mercury      |
|                                      | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                                      | Walleye          |              |                  | All sizes        |               | Mercury      |
|                                      | White Sucker     | All sizes    |                  |                  |               |              |
| <b>PAPOOSE</b><br>Crow Wing 18020600 | Crappie          |              |                  | All sizes        |               | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes        |               | Mercury      |

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Listing of consumption advice does not imply the fish are legal to keep, MN DNR fishing regulations should be consulted.

# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>PARENT</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Lake 38052600      | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     | shorter than 16"     | 16" or longer         |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>PARK</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Carlton 09002900   | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         | All sizes           |                      |                       |                   |                     |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>PARKERS</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Hennepin 27010700  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>PARLEY</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Carver 10004200    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Carp             | All sizes           |                      |                       |                   |                     |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>PAULINE</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69058800 | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>PEARL</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Stearns 73003700   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>PEARY</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69083300 | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>PEBBLE</b><br>Otter Tail 56082900  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>PELICAN</b><br>Crow Wing 18030800  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                       | Cisco            | All sizes           |                      |                       |                   |                     |
|                                       | Crappie          | All sizes           |                      |                       |                   |                     |
|                                       | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                       | Sunfish          | All sizes           |                      |                       |                   |                     |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>PELICAN</b><br>Grant 26000200      | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     | shorter than 17"     | 17" or longer         |                   | Mercury             |
|                                       | White Sucker     | All sizes           |                      |                       |                   |                     |
|                                       | Yellow Perch     | All sizes           |                      |                       |                   |                     |
| <b>PELICAN</b><br>Otter Tail 56078600 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>PELICAN</b><br>Pope 61011100       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                                       | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>PELICAN</b><br>St. Louis 69084100  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                                       | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME              | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>PELICAN</b>         |                  |              |                  |                |            |              |
| Stearns 73011800       | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                        | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                        | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>PELTIER</b>         |                  |              |                  |                |            |              |
| Anoka 02000400         | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                        | Bullhead         |              | All sizes        |                |            | Mercury      |
|                        | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                        | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                        | Sunfish          | All sizes    |                  |                |            |              |
|                        | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>PENN</b>            |                  |              |                  |                |            |              |
| Hennepin 27000400      | Carp             |              | All sizes        |                |            | Mercury      |
| <b>PENNINGTON MINE</b> |                  |              |                  |                |            |              |
| Crow Wing 18043900     | Rainbow Trout    |              | All sizes        |                |            | Mercury      |
| <b>PEQUAYWAN</b>       |                  |              |                  |                |            |              |
| St. Louis 69001100     | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>PERCH</b>           |                  |              |                  |                |            |              |
| Carlton 09003600       | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>PERCH</b>           |                  |              |                  |                |            |              |
| Crow Wing 18037100     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                        | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                        | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                        | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>PERCH</b>           |                  |              |                  |                |            |              |
| Lincoln 41006700       | Bullhead         | All sizes    |                  |                |            |              |
|                        | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                        | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
|                        | White Sucker     | All sizes    |                  |                |            |              |
|                        | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>PERCH</b>           |                  |              |                  |                |            |              |
| St. Louis 69005800     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                        | Walleye          |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |         |
|---------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|---------|
| <b>PERCH</b><br>St. Louis 69093200    | Crappie          |                     | All sizes            |                       |                   | Mercury             |         |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |         |
|                                       | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |         |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |         |
| <b>PERENT</b><br>Lake 38022000        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |         |
| Walleye                               |                  |                     | All sizes            |                       | Mercury           |                     |         |
| <b>PERKINS</b><br>Stevens 75007500    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |         |
|                                       | Bullhead         |                     | All sizes            |                       |                   | Mercury             |         |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |         |
|                                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |         |
| Walleye                               |                  |                     |                      | All sizes             |                   | Mercury             |         |
| <b>PERRY</b><br>Crow Wing 18018600    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |         |
|                                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |         |
| Walleye                               |                  |                     |                      | All sizes             |                   | Mercury             |         |
| <b>PFEIFFER</b><br>St. Louis 69067100 | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |         |
|                                       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |         |
|                                       | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |         |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |         |
| White Sucker                          |                  | All sizes           |                      |                       |                   | Mercury             |         |
| <b>PHALEN</b><br>Ramsey 62001300      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |         |
|                                       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury PFOS        |         |
|                                       | Carp             |                     | All sizes            |                       |                   | Mercury             |         |
|                                       | Crappie          |                     | All sizes            |                       |                   | PFOS                |         |
|                                       | Largemouth Bass  |                     | All sizes            |                       |                   | PFOS                |         |
|                                       | Northern Pike    |                     |                      |                       | All sizes         | Mercury PFOS        |         |
|                                       | Walleye          |                     |                      |                       |                   | All sizes           | Mercury |
|                                       | White Sucker     | All sizes           |                      |                       |                   |                     |         |
| Yellow Perch                          |                  | All sizes           |                      |                       |                   | Mercury             |         |
| <b>PHOEBE</b><br>Cook 16080800        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |         |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |         |
|                                       | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |         |
| Walleye                               |                  |                     | All sizes            |                       | Mercury           |                     |         |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                              | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>PICKERAL</b><br>Freeborn 24002500   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>PICKEREL</b><br>Aitkin 01018200     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>PICKEREL</b><br>Cook 16009700       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>PICKEREL</b><br>Hubbard 29017800    | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | shorter than 29" | 29" or longer  |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>PICKEREL</b><br>Lake 38074100       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>PICKEREL</b><br>Otter Tail 56047500 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | shorter than 15" | 15" or longer  |            | Mercury      |
| <b>PICKET</b><br>St. Louis 69007900    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  |                | All sizes  | Mercury      |
|  | White Sucker     |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                           | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>PICKET</b><br>St. Louis 69059100 | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                     | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
|                                     | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>PIERSONS</b><br>Carver 10005300  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                     | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                     | Carp             | All sizes    |                  |                |            |              |
|                                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                                     | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>PIERZ</b><br>Morrison 49002400   | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                     | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                     | Walleye          |              | All sizes        |                |            | Mercury      |
|                                     | White Sucker     | All sizes    |                  |                |            |              |
| <b>PIKE</b><br>Cook 16025200        | Lake Whitefish   |              | All sizes        |                |            | Mercury      |
|                                     | Northern Pike    |              | shorter than 18" | 18" or longer  |            | Mercury      |
|                                     | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                     | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>PIKE</b><br>Lake 38067000        | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>PIKE</b><br>St. Louis 69049000   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                     | Crappie          | All sizes    |                  |                |            |              |
|                                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                     | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>          | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>PIKE BAY</b>           |                  |                     |                      |                       |                   |                     |
| Cass 11041500             | Cisco            | All sizes           |                      |                       |                   |                     |
|                           | Lake Whitefish   | All sizes           |                      |                       |                   |                     |
|                           | Northern Pike    |                     | shorter than 24"     | 24" or longer         |                   | Mercury             |
|                           | Walleye          |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
|                           | White Sucker     | All sizes           |                      |                       |                   |                     |
|                           | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>PIKE RIVER FLOWAGE</b> |                  |                     |                      |                       |                   |                     |
| St. Louis 69058000        | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                           | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
|                           | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>PIMUSHE</b>            |                  |                     |                      |                       |                   |                     |
| Beltrami 04003200         | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                           | Bullhead         | All sizes           |                      |                       |                   |                     |
|                           | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>PINE</b>               |                  |                     |                      |                       |                   |                     |
| Clearwater 15014900       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                           | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                           | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                           | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>PINE</b>               |                  |                     |                      |                       |                   |                     |
| Cook 16004100             | Lake Whitefish   |                     | All sizes            |                       |                   | Mercury             |
|                           | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                           | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>PINE</b>               |                  |                     |                      |                       |                   |                     |
| Cook 16019400             | Brook Trout      |                     |                      | All sizes             |                   | Mercury             |
|                           | Splake           |                     | All sizes            |                       |                   | Mercury             |
|                           | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>PINE</b>               |                  |                     |                      |                       |                   |                     |
| St. Louis 69000100        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                           | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                           | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                           | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                              | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>PINE MOUNTAIN</b><br>Cass 11041100  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Cisco            | All sizes    |                  |                |            |              |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Sunfish          | All sizes    |                  |                |            |              |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>PINE MOUNTAIN</b><br>Cook 16010800  | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|  | Brook Trout      |              | All sizes        |                |            | Mercury      |
| <b>PIT</b><br>Cook 16015500            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>PLANTAGENET</b><br>Hubbard 29015600 | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|  | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>PLANTATION</b><br>Itasca 31043900   | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|  | Bluegill Sunfish | All sizes    |                  |                |            |              |
| <b>PLATTE</b><br>Crow Wing 18008800    | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
| <b>PLEASANT</b><br>Cass 11038300       | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>PLEASANT</b><br>Cass 11038300       | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Walleye          |              | shorter than 20" | 20" or longer  |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
|  |                  |              |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                               | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>PLEASANT</b><br>St. Louis 69065500   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Bullhead         |              |                  | All sizes      |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>PLEASANT</b><br>Wright 86025100      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
| <b>POKEGAMA</b><br>Itasca 31053200      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>POKEGAMA</b><br>Pine 58014200        | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Freshwater Drum  |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>POLLY</b><br>Lake 38010400           | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>POMME DE TERRE</b><br>Grant 26009700 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Carp             |              | All sizes        |                |            | Mercury      |
|   | Crappie          | All sizes    |                  |                |            |              |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>POPLAR</b><br>Cook 16023900          | Lake Whitefish   |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                    | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat    | Contaminants |
|--|------------------|--------------|------------------|----------------|---------------|--------------|
| <b>PORTAGE</b><br>Cass 11020400              | Bluegill Sunfish |              | All sizes        |                |               | Mercury      |
|  | Cisco            | All sizes    |                  |                |               |              |
|  | Largemouth Bass  |              | All sizes        |                |               | Mercury      |
|  | Northern Pike    |              | shorter than 29" | 29" or longer  |               | Mercury      |
|  | Walleye          |              |                  | All sizes      |               | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |               | Mercury      |
|  |                  |              |                  |                |               |              |
| <b>PORTAGE</b><br>Cass 11047600              | Bluegill Sunfish |              | All sizes        |                |               | Mercury      |
|  | Northern Pike    |              | shorter than 22" | 22" - 30"      | 30" or longer | Mercury      |
|  | Walleye          |              | shorter than 19" | 19" or longer  |               | Mercury      |
|  | White Sucker     | All sizes    |                  |                |               |              |
|  | Yellow Perch     |              | All sizes        |                |               | Mercury      |
|  |                  |              |                  |                |               |              |
| <b>PORTAGE</b><br>Cook 16032700              | Splake           |              | All sizes        |                |               | Mercury      |
|  | White Sucker     |              | All sizes        |                |               | Mercury      |
|  |                  |              |                  |                |               |              |
| <b>PORTAGE</b><br>Crow Wing 18005000         | Bluegill Sunfish | All sizes    |                  |                |               |              |
|  | Cisco            | All sizes    |                  |                |               |              |
|  | Crappie          | All sizes    |                  |                |               |              |
|  | Northern Pike    |              | shorter than 23" | 23" or longer  |               | Mercury      |
|  | Walleye          |              |                  | All sizes      |               | Mercury      |
|  |                  |              |                  |                |               |              |
| <b>PORTAGE</b><br>Hubbard 29025000           | Bluegill Sunfish |              | All sizes        |                |               | Mercury      |
|  | Largemouth Bass  |              | All sizes        |                |               | Mercury      |
|  | Northern Pike    |              | All sizes        |                |               | Mercury      |
|  | Walleye          |              | All sizes        |                |               | Mercury      |
|  | White Sucker     | All sizes    |                  |                |               |              |
|  |                  |              |                  |                |               |              |
| <b>PORTSMOUTH MINE</b><br>Crow Wing 18043700 | Bluegill Sunfish | All sizes    |                  |                |               |              |
|  | Crappie          |              | All sizes        |                |               | Mercury      |
|  | Largemouth Bass  |              | All sizes        |                |               | Mercury      |
|  | Northern Pike    |              | All sizes        |                |               | Mercury      |
|  | Rainbow Trout    | All sizes    |                  |                |               |              |
|  |                  |              |                  |                |               |              |

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>POTATO</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Hubbard 29024300    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Rock Bass        |                     | All sizes            |                       |                   | Mercury             |
|                     | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>POWDERHORN</b>   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Hennepin 27001400   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     |                      | All sizes             |                   | Mercury             |
| <b>POWERS</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Washington 82009200 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury PFOS        |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury PFOS        |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury PFOS        |
|                     | Yellow Perch     |                     | All sizes            |                       |                   | PFOS                |
| <b>PRAIRIE</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Itasca 31038400     | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Redhorse Sucker  |                     |                      | All sizes             |                   | Mercury             |
|                     | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | shorter than 21"      | 21" or longer     |                     |
| <b>PRAIRIE</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Otter Tail 56091500 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>PRAIRIE</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69084800  | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>PRESTON</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Renville 65000200   | Carp             | All sizes           |                      |                       |                   |                     |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME  | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>PULASKI</b><br>Wright 86005300                  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              |                  | All sizes      |            | Mercury      |
| <b>QUADGA</b><br>Lake 38059600                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  |                  |              |                  |                |            |              |
| <b>QUARTERLINE</b><br>St. Louis 69086900           | Northern Pike    |              | shorter than 12" | 12" or longer  |            | Mercury      |
|  |                  |              |                  |                |            |              |
| <b>QUIGLEY</b><br>Dakota 19006600                  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
| <b>QUILL</b><br>St. Louis 69087100                 | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  |                  |              |                  |                |            |              |
| <b>RABBIT</b><br>Aitkin 01009100                   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              |                  | All sizes      |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>RABBIT</b><br>Crow Wing 18009300                | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | shorter than 19" | 19" or longer  |            | Mercury      |
|  | Walleye          |              | shorter than 16" | 16" or longer  |            | Mercury      |
| <b>RABBIT (EAST PORTION)</b><br>Crow Wing 18009301 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| <b>RABBIT (WEST PORTION)</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Crow Wing 18009302           | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                              | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                              | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>RABIDEAU</b>              | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Beltrami 04003400            | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                              | Northern Pike    |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
|                              | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                              | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>RAINY</b>                 | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69069400           | Burbot           |                     |                      | All sizes             |                   | Mercury             |
|                              | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                              | Lake Whitefish   |                     | All sizes            |                       |                   | Mercury             |
|                              | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                              | Sauger           |                     |                      | All sizes             |                   | Mercury             |
|                              | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                              | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                              | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                              | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>RAM</b>                   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16017400                | Lake Trout       |                     | All sizes            |                       |                   | Mercury             |
|                              | Rainbow Trout    | All sizes           |                      |                       |                   |                     |
|                              | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>RAMSEY MILL POND</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Mower 50000400               | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                              | Redhorse Sucker  |                     | All sizes            |                       |                   | Mercury             |
| <b>RAMSHEAD</b>              | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69033900           | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>RANIER</b>                | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Itasca 31066400              | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                              | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
| <b>RAT</b>                   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Aitkin 01007700              | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                              | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                              | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                              | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                              | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| LAKE NAME<br>County DOWID*                        | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|---------------|----------------|------------|--------------|
| <b>RAVINE</b><br>Washington 82008700              | Crappie          |              | All sizes     |                |            | PFOS         |
|   | Largemouth Bass  |              | All sizes     |                |            | PFOS         |
| <b>REBECCA</b><br>Dakota 19000300                 | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Bullhead         | All sizes    |               |                |            |              |
|   | Carp             |              | All sizes     |                |            | Mercury      |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               |                | All sizes  | Mercury      |
| <b>REBECCA</b><br>Hennepin 27019200               | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Bullhead         | All sizes    |               |                |            |              |
|   | Carp             | All sizes    |               |                |            |              |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               |                | All sizes  | Mercury      |
| <b>RED (UPPER RED)</b><br>Beltrami 04003501       | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Lake Whitefish   | All sizes    |               |                |            |              |
|   | Northern Pike    |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               |                | All sizes  | Mercury      |
|   | White Sucker     | All sizes    |               |                |            |              |
|   | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>RED LAKE RIVER RES.</b><br>Pennington 57005100 | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Rock Bass        |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes     |                |            | Mercury      |
|   | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>RED ROCK</b><br>Cook 16079300                  | Lake Whitefish   |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>RED ROCK</b><br>Douglas 21029100   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Carp             | All sizes    |                  |                |            |              |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              | shorter than 18" | 18" or longer  |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                       | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>RED ROCK</b><br>Hennepin 27007600  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                       | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          |              | All sizes        |                |            | PFOS         |
|                                       | Largemouth Bass  |              | All sizes        |                |            | PFOS         |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                       | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>RED SAND</b><br>Crow Wing 18038600 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          | All sizes    |                  |                |            |              |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Sunfish          | All sizes    |                  |                |            |              |
|                                       | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>REDSKIN</b><br>Lake 38044000       | Brook Trout      |              | All sizes        |                |            | Mercury      |
|                                       | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>REDWOOD</b><br>Redwood 64005800    | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                       | Carp             |              |                  | All sizes      |            | Mercury      |
|                                       | Channel Catfish  |              |                  | All sizes      |            | Mercury      |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Redhorse Sucker  |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>REEDS</b><br>Waseca 81005500       | Northern Pike    |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                         | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-----------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>REITZ</b><br>Carver 10005200   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                   | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                   | Crappie          |              |                  | All sizes      |            | Mercury      |
|                                   | Northern Pike    |              | shorter than 22" | 22" or longer  |            | Mercury      |
| <b>REMOTE</b><br>Aitkin 01003800  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                   | Bullhead         |              |                  | All sizes      |            | Mercury      |
|                                   | Crappie          |              |                  | All sizes      |            | Mercury      |
|                                   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>RENO</b><br>Pope 61007800      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                   | Crappie          |              | All sizes        |                |            | Mercury      |
|                                   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                   | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                   | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>RICE</b><br>Cook 16045300      | Walleye          |              | All sizes        |                |            | Mercury      |
|                                   | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                   | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>RICE</b><br>Crow Wing 18014500 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                   | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                   | Crappie          |              | All sizes        |                |            | Mercury      |
|                                   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                   | Redhorse Sucker  |              |                  | All sizes      |            | Mercury      |
|                                   | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>RICE</b><br>Faribault 22000700 | Bullhead         | All sizes    |                  |                |            |              |
|                                   | Carp             | All sizes    |                  |                |            |              |
|                                   | Yellow Perch     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>RICE</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Itasca 31071700    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|                    | Walleye          |                     |                      |                       |                   | All sizes           |
| <b>RICE</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Stearns 73019600   | Carp             |                     |                      | All sizes             |                   | Mercury             |
|                    | Channel Catfish  |                     |                      | All sizes             |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Redhorse Sucker  |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     |                      |                       | All sizes         | Mercury             |
| <b>RICHARDSON</b>  | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Meeker 47008800    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>RILEY</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Carver 10000200    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     |                      |                       | All sizes         | Mercury             |
| <b>RINGO</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Kandiyohi 34017200 | Carp             | All sizes           |                      |                       |                   |                     |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>RIPLEY</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Meeker 47013400    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         | All sizes           |                      |                       |                   |                     |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    | All sizes           |                      |                       |                   |                     |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                     | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|---------------|----------------|------------|--------------|
| <b>RIPPLE</b><br>Aitkin 01014600              | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>ROBERDS</b><br>Rice 66001800               | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Carp             | All sizes    |               |                |            |              |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              | All sizes     |                |            | Mercury      |
| <b>ROCK</b><br>Lyon 42005200                  | Carp             | All sizes    |               |                |            |              |
|   | Walleye          |              | All sizes     |                |            | Mercury      |
|   | Yellow Perch     | All sizes    |               |                |            |              |
| <b>ROCK</b><br>Pine 58000700                  | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
| <b>ROD SMITH POND</b><br>Koochiching 36007800 | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Rainbow Trout    | All sizes    |               |                |            |              |
| <b>ROGERS</b><br>Dakota 19008000              | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
| <b>ROOSEVELT</b><br>Cass 11004300             | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>ROSE</b><br>Cook 16023000                  | Lake Trout       |              |               | All sizes      |            | Mercury      |
| <b>ROSE</b><br>Otter Tail 56036000            | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| ROUND              | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------|------------------|--------------|------------------|----------------|------------|--------------|
| Aitkin 01002300    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                    | Bullhead         |              |                  | All sizes      |            | Mercury      |
|                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | Walleye          |              |                  | All sizes      |            | Mercury      |
| Aitkin 01007000    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                    | Cisco            |              | All sizes        |                |            | Mercury      |
|                    | Crappie          |              |                  | All sizes      |            | Mercury      |
|                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | Walleye          |              |                  | All sizes      |            | Mercury      |
| Aitkin 01013700    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                    | Bullhead         |              | All sizes        |                |            | Mercury      |
|                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | Walleye          |              |                  | All sizes      |            | Mercury      |
| Aitkin 01020400    | Carp             |              | All sizes        |                |            | Mercury      |
|                    | Cisco            |              | All sizes        |                |            | Mercury      |
|                    | Crappie          |              |                  | All sizes      |            | Mercury      |
|                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|                    | Walleye          |              |                  | All sizes      |            | Mercury      |
| Cook 16060600      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                    | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|                    | Walleye          |              | shorter than 16" | 16" or longer  |            | Mercury      |
|                    | White Sucker     |              | All sizes        |                |            | Mercury      |
|                    | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| Crow Wing 18037300 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                    | Cisco            | All sizes    |                  |                |            |              |
|                    | Crappie          | All sizes    |                  |                |            |              |
|                    | Northern Pike    |              | shorter than 24" | 24" or longer  |            | Mercury      |
|                    | Walleye          |              | shorter than 18" | 18" or longer  |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| ROUND             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-------------------|------------------|--------------|------------------|----------------|------------|--------------|
| Hennepin 27007100 | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|                   | Bullhead         | All sizes    |                  |                |            |              |
|                   | Largemouth Bass  |              | All sizes        |                |            | PFOS         |
|                   | Walleye          |              |                  |                | All sizes  | Mercury      |
| ROUND             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Itasca 31089600   | Crappie          |              | All sizes        |                |            | Mercury      |
|                   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                   | Walleye          |              | All sizes        |                |            | Mercury      |
| ROUND             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Jackson 32006900  | Carp             | All sizes    |                  |                |            |              |
|                   | Crappie          | All sizes    |                  |                |            |              |
|                   | Walleye          | All sizes    |                  |                |            |              |
| ROUND             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Ramsey 62007000   | Bullhead         | All sizes    |                  |                |            |              |
|                   | Sunfish          | All sizes    |                  |                |            |              |
| ROY               | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Mahnomen 44000100 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                   | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                   | Walleye          |              | All sizes        |                |            | Mercury      |
|                   | White Sucker     | All sizes    |                  |                |            |              |
| RUBY              | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Itasca 31042200   | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
| RUSH              | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Chisago 13006900  | Carp             |              | All sizes        |                |            | Mercury      |
|                   | Crappie          |              | All sizes        |                |            | Mercury      |
|                   | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                   | Walleye          |              | All sizes        |                |            | Mercury      |
| RUSH              | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
| Cook 16029900     | Northern Pike    |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                    | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|------------------------------|------------------|--------------|---------------|----------------|------------|--------------|
| <b>RUSH</b>                  |                  |              |               |                |            |              |
| Crow Wing 18031100           | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                              | Cisco            |              | All sizes     |                |            | Mercury      |
|                              | Lake Whitefish   | All sizes    |               |                |            |              |
|                              | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                              | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>RUSH</b>                  |                  |              |               |                |            |              |
| Otter Tail 56014100          | Bluegill Sunfish | All sizes    |               |                |            |              |
|                              | Bullhead         |              | All sizes     |                |            | Mercury      |
|                              | Carp             |              | All sizes     |                |            | Mercury      |
|                              | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                              | Walleye          |              | All sizes     |                |            | Mercury      |
|                              | White Sucker     | All sizes    |               |                |            |              |
| <b>RUTH</b>                  |                  |              |               |                |            |              |
| Crow Wing 18021200           | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                              | Crappie          |              | All sizes     |                |            | Mercury      |
|                              | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|                              | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                              | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>RYAN</b>                  |                  |              |               |                |            |              |
| St. Louis 69083500           | Northern Pike    |              |               |                | All sizes  | Mercury      |
| <b>SABIN</b>                 |                  |              |               |                |            |              |
| St. Louis 69043401           | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                              | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                              | Walleye          |              |               |                | All sizes  | Mercury      |
| <b>SABIN (EMBARRASS PIT)</b> |                  |              |               |                |            |              |
| St. Louis 69042900           | Lake Trout       | All sizes    |               |                |            |              |
|                              | White Sucker     | All sizes    |               |                |            |              |
| <b>SABRE</b>                 |                  |              |               |                |            |              |
| Le Sueur 40001400            | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                              | White Bass       |              |               | All sizes      |            | Mercury      |
|                              | Yellow Perch     |              | All sizes     |                |            | Mercury      |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME          | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>SAGANAGA</b>    |                  |              |                  |                |            |              |
| Cook 16063300      | Lake Trout       |              | All sizes        |                |            | Mercury      |
|                    | Lake Whitefish   |              | All sizes        |                |            | Mercury      |
|                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|                    | Walleye          |              | shorter than 14" | 14" or longer  |            | Mercury      |
|                    | White Sucker     |              | All sizes        |                |            | Mercury      |
|                    | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>SAGATAGAN</b>   |                  |              |                  |                |            |              |
| Stearns 73009200   | Northern Pike    |              | shorter than 19" | 19" or longer  |            | Mercury      |
| <b>SALLIE</b>      |                  |              |                  |                |            |              |
| Becker 03035900    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                    | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | Walleye          |              | shorter than 15" | 15" or longer  |            | Mercury      |
|                    | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>SALO</b>        |                  |              |                  |                |            |              |
| St. Louis 69003600 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                    | Crappie          |              |                  | All sizes      |            | Mercury      |
|                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|                    | Walleye          |              |                  |                | All sizes  | Mercury      |
|                    | White Sucker     |              | All sizes        |                |            | Mercury      |
|                    | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>SAND</b>        |                  |              |                  |                |            |              |
| Carlton 09001600   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                    | Buffalo          | All sizes    |                  |                |            |              |
|                    | Bullhead         | All sizes    |                  |                |            |              |
|                    | Carp             | All sizes    |                  |                |            |              |
|                    | Crappie          |              | All sizes        |                |            | Mercury      |
|                    | Freshwater Drum  | All sizes    |                  |                |            |              |
|                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | White Sucker     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>SAND</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Itasca 31082600    | Bullhead         | All sizes           |                      |                       |                   |                     |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | shorter than 21"     | 21" or longer         |                   | Mercury             |
|                    | Redhorse Sucker  |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>SAND</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38073500      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>SAND</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Pine 58008100      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>SAND</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69073600 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | shorter than 19"     | 19" or longer         |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>SAND POINT</b>  | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69061700 | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                    | Crayfish         | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     |                      | shorter than 23"      | 23" or longer     | Mercury             |
|                    | Sauger           |                     |                      | All sizes             |                   | Mercury             |
|                    | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>SANDPIT</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38078600      | Northern Pike    |                     |                      | shorter than 29"      | 29" or longer     | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b><br><b>County DOWID*</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>SANDY</b><br>Beltrami 04012400        | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>SARAH</b><br>Hennepin 27019100        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|  | Carp             |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | shorter than 21"     | 21" or longer         |                   | Mercury             |
| <b>SARAH</b><br>Murray 51006300          | Carp             | All sizes           |                      |                       |                   |                     |
|  | Walleye          | All sizes           |                      |                       |                   |                     |
|  | Yellow Perch     | All sizes           |                      |                       |                   |                     |
| <b>SAUK</b><br>Todd 77015000             | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>SAWBILL</b><br>Cook 16049600          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>SCANDINAVIAN</b><br>Pope 61004100     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>SCHOOLCRAFT</b><br>Hubbard 29021500   | Crappie          | All sizes           |                      |                       |                   |                     |
|  | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|  | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                 | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>SEA GULL</b><br>Cook 16062900          | Cisco            |              | All sizes        |                |            | Mercury      |
|   | Lake Trout       |              | shorter than 12" | 12" or longer  |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              | shorter than 14" | 14" or longer  |            | Mercury      |
| <b>SEBIE</b><br>Crow Wing 18016100        | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>SECOND FULDA</b><br>Murray 51002000    | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Carp             | All sizes    |                  |                |            |              |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>SECTION 29</b><br>Lake 38029200        | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>SECTION TWELVE</b><br>Lake 38071400    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Cisco            |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>SERPENT</b><br>Crow Wing 18009000      | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
| <b>SEVEN BEAVER</b><br>St. Louis 69000200 | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
|   | Yellow Perch     |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>SEVENTH CROW WING</b> |                  |                     |                      |                       |                   |                     |
| Hubbard 29009100         | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                          | Crappie          | All sizes           |                      |                       |                   |                     |
|                          | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                          | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                          | Walleye          |                     | shorter than 18"     | 18" or longer         |                   | Mercury             |
|                          | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>SEWELL</b>            |                  |                     |                      |                       |                   |                     |
| Otter Tail 56040800      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                          | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>SHAGAWA</b>           |                  |                     |                      |                       |                   |                     |
| St. Louis 69006900       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                          | Walleye          |                     | shorter than 16"     | 16" or longer         |                   | Mercury             |
|                          | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                          | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>SHAKOPEE</b>          |                  |                     |                      |                       |                   |                     |
| Mille Lacs 48001200      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                          | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                          | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                          | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>SHALLOW</b>           |                  |                     |                      |                       |                   |                     |
| Itasca 31008400          | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                          | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>SHAMINEAU</b>         |                  |                     |                      |                       |                   |                     |
| Morrison 49012700        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                          | Crappie          | All sizes           |                      |                       |                   |                     |
|                          | Walleye          |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
|                          | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>SHANNON</b>           |                  |                     |                      |                       |                   |                     |
| St. Louis 69092500       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                          | Walleye          |                     |                      |                       | All sizes         | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| LAKE NAME<br>County DOWID*                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>SHAOKOTAN</b><br>Lincoln 41008900      | Bullhead         |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              | shorter than 17" | 17" or longer  |            | Mercury      |
|   | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>SHELL</b><br>Becker 03010200           | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Bullhead         | All sizes    |                  |                |            |              |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>SHETEK</b><br>Murray 51004600          | Buffalo          | All sizes    |                  |                |            |              |
|   | Carp             | All sizes    |                  |                |            |              |
|   | Channel Catfish  | All sizes    |                  |                |            |              |
|   | Crappie          | All sizes    |                  |                |            |              |
|   | White Sucker     | All sizes    |                  |                |            |              |
| <b>SHIELDS</b><br>Rice 66005500           | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Bullhead         | All sizes    |                  |                |            |              |
|   | Carp             | All sizes    |                  |                |            |              |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
|   | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>SHINGOBEE</b><br>Hubbard 29004300      | Northern Pike    |              | shorter than 16" | 16" or longer  |            | Mercury      |
| <b>SHIPMAN BASS</b><br>St. Louis 69016800 | Bluegill Sunfish |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>SHOE</b><br>Cook 16008000              | Brook Trout      |              | All sizes        |                |            | Mercury      |
|   | Splake           |              | All sizes        |                |            | Mercury      |
| <b>SIDE</b><br>St. Louis 69093300         | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| SIGNALNESS          | Species          | Unrestricted        | 1 meal / week        | 1 meal / month        | Do Not Eat        | Contaminants        |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Pope 61014900       | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>SILVER</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Olmsted 55000300    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Channel Catfish  |                     |                      | All sizes             |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Redhorse Sucker  |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                     | Yellow Perch     |                     |                      |                       | All sizes         |                     |
| <b>SILVER</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Otter Tail 56030200 | Rock Bass        |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>SILVER</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Ramsey 62000100     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>SILVER</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Ramsey 62008300     | Bullhead         | All sizes           |                      |                       |                   |                     |
|                     | Channel Catfish  |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>SILVER</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69066200  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                             | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>SILVER</b><br>Wright 86014000      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Carp             |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              |                  |                | All sizes  | Mercury      |
|                                       | White Sucker     |              |                  | All sizes      |            | Mercury      |
| <b>SILVER ISLAND</b><br>Lake 38021900 | Crappie          |              |                  | All sizes      |            | Mercury      |
|                                       | Lake Whitefish   |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                       | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                       | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>SIMLEY</b><br>Dakota 19003700      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              |                  |                | All sizes  | Mercury      |
|                                       | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>SISEBAKWET</b><br>Itasca 31055400  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              | All sizes        |                |            | Mercury      |
|                                       | White Sucker     | All sizes    |                  |                |            |              |
| <b>SIX MILE</b><br>Cass 11014600      | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                       | Cisco            | All sizes    |                  |                |            |              |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                       | Walleye          |              | shorter than 18" | 18" or longer  |            | Mercury      |
|                                       | White Sucker     | All sizes    |                  |                |            |              |
|                                       | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>SIX MILE</b><br>St. Louis 69084000 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                       | Crappie          |              | All sizes        |                |            | Mercury      |
|                                       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                       | White Sucker     | All sizes    |                  |                |            |              |

### Notes:

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                  | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|---------------|----------------|------------|--------------|
| <b>SIXTH CROW WING</b><br>Hubbard 29009300 | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Crappie          | All sizes    |               |                |            |              |
|  | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              | All sizes     |                |            | Mercury      |
|  | White Sucker     | All sizes    |               |                |            |              |
| <b>SLATE</b><br>Lake 38066600              | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
|  | White Sucker     |              |               | All sizes      |            | Mercury      |
|  | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>SLEEPY EYE</b><br>Brown 08004500        | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>SLETTEN</b><br>St. Louis 69008400       | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
| <b>SLIM</b><br>St. Louis 69018100          | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>SMETANA</b><br>Hennepin 27007300        | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Bullhead         |              | All sizes     |                |            | Mercury      |
|  | Carp             |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
| <b>SMITH</b><br>Douglas 21001600           | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Bullhead         |              | All sizes     |                |            | Mercury      |
|  | Crappie          |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>SNAIL</b><br>Ramsey 62007300            | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                               | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|---|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>SNELLING</b><br>Hennepin 27000100    | Bluegill Sunfish |              | All sizes        |                  |               | Mercury PFOS |
|   | Carp             |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury PFOS |
| <b>SNIDER</b><br>Mahnomen 44004500      | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Cisco            |              | All sizes        |                  |               | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>SNOWBALL</b><br>Itasca 31010800      | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Crappie          |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              |                  | shorter than 26" | 26" or longer | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
|   | White Sucker     | All sizes    |                  |                  |               |              |
| <b>SNOWBANK</b><br>Lake 38052900        | Burbot           |              |                  | All sizes        |               | Mercury      |
|   | Lake Trout       |              | shorter than 18" | 18" or longer    |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Smallmouth Bass  |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>SOUTH</b><br>Cook 16024400           | Lake Trout       |              |                  | All sizes        |               | Mercury      |
| <b>SOUTH CENTER</b><br>Chisago 13002700 | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|   | Crappie          | All sizes    |                  |                  |               |              |
|   | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|   | Walleye          |              | All sizes        |                  |               | Mercury      |
| <b>SOUTH FARM</b><br>Lake 38077800      | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Cisco            |              |                  | All sizes        |               | Mercury      |
|   | Crappie          |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              | shorter than 17" | 17" - 37"        | 37" or longer | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                  | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|---------------|----------------|------------|--------------|
| <b>SOUTH FOWL</b><br>Cook 16003400         | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes     |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>SOUTH LIDA</b><br>Otter Tail 56074702   | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Cisco            |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>SOUTH LINDSTROM</b><br>Chisago 13002800 | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Bullhead         |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
| <b>SOUTH LONG</b><br>Crow Wing 18013600    | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              | All sizes     |                |            | Mercury      |
| <b>SOUTH MCDUGAL</b><br>Lake 38065900      | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes     |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>SOUTH TURTLE</b><br>Otter Tail 56037700 | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>SOUTH TWIN</b><br>Beltrami 04005300     | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              | All sizes     |                |            | Mercury      |
|  | White Sucker     | All sizes    |               |                |            |              |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                               | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>SOUTH TWIN</b><br>Mahnomen 44001400  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Cisco            |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury      |
|   | Rock Bass        |              | All sizes        |                |            | Mercury      |
|   | Sunfish          | All sizes    |                  |                |            |              |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| Yellow Perch                            | All sizes        |              |                  |                |            |              |
| <b>SOUTH TWIN</b><br>St. Louis 69042000 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>SPIDER</b><br>Hubbard 29011700       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>SPIRIT</b><br>Aitkin 01017800        | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Crappie          | All sizes    |                  |                |            |              |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>SPITZER</b><br>Otter Tail 56016000   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>SPLIT HAND</b><br>Itasca 31035300    | Cisco            | All sizes    |                  |                |            |              |
|   | Crappie          | All sizes    |                  |                |            |              |
|   | Walleye          |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                    | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>SPLIT ROCK RES.</b><br>Pipestone 59000100 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>SPRING</b><br>Meeker 47003200             | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | shorter than 21" | 21" or longer  |            | Mercury      |
| <b>SPRING</b><br>St. Louis 69076100          | Lake Trout       |              |                  | All sizes      |            | Mercury      |
|  | Lake Whitefish   |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  |                | All sizes  | Mercury      |
|  | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>SPRING</b><br>Scott 70005400              | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Carp             | All sizes    |                  |                |            |              |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | shorter than 28" | 28" or longer  |            | Mercury      |
|  | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>SPURZEM</b><br>Hennepin 27014900          | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              |                  | All sizes      |            | Mercury      |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>SQUARE</b><br>Lake 38007400               | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>SQUARE</b><br>Washington 82004600         | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Yellow Perch     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                               | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|---------------|----------------|------------|--------------|
| <b>SQUINT</b><br>Cook 16020200          | Northern Pike    |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>ST. JAMES</b><br>Watowan 83004300    | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
| <b>ST. MARY'S</b><br>St. Louis 69065100 | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Cisco            |              | All sizes     |                |            | Mercury      |
|   | Crappie          | All sizes    |               |                |            |              |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>STAHL'S</b><br>McLeod 43010400       | Northern Pike    |              | All sizes     |                |            | Mercury      |
| <b>STALKER</b><br>Otter Tail 56043700   | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     | All sizes    |               |                |            |              |
|   | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>STAR</b><br>Cook 16040500            | Northern Pike    |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>STAR</b><br>Meeker 47012900          | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Bullhead         | All sizes    |               |                |            |              |
|   | Carp             |              | All sizes     |                |            | Mercury      |
|   | Crappie          | All sizes    |               |                |            |              |
|   | Northern Pike    |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              | All sizes     |                |            | Mercury      |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| STAR                | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|---------------------|------------------|--------------|------------------|------------------|---------------|--------------|
| Otter Tail 56038500 | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|                     | Bullhead         |              | All sizes        |                  |               | Mercury      |
|                     | Carp             | All sizes    |                  |                  |               |              |
|                     | Crappie          |              | All sizes        |                  |               | Mercury      |
|                     | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|                     | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|                     | Rock Bass        |              | All sizes        |                  |               | Mercury      |
|                     | Walleye          |              | shorter than 16" | 16" or longer    |               | Mercury      |
|                     | White Sucker     | All sizes    |                  |                  |               |              |
|                     | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| STARING             | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Hennepin 27007800   | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                     | Carp             |              | All sizes        |                  |               | Mercury      |
|                     | Northern Pike    |              |                  | All sizes        |               | Mercury      |
| STEAMBOAT           | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Cass 11050400       | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                     | Crappie          |              | All sizes        |                  |               | Mercury      |
|                     | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|                     | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|                     | Sunfish          |              | All sizes        |                  |               | Mercury      |
|                     | Walleye          |              |                  | All sizes        |               | Mercury      |
|                     | White Sucker     |              | All sizes        |                  |               | Mercury      |
|                     | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| STEIGER             | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Carver 10004500     | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                     | Bullhead         |              |                  | All sizes        |               | Mercury      |
|                     | Crappie          |              |                  | All sizes        |               | Mercury      |
| STELLA              | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Meeker 47006800     | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                     | Crappie          |              | All sizes        |                  |               | Mercury      |
|                     | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
| STEVENS             | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
| Cass 11011600       | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|                     | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|                     | Northern Pike    |              |                  | shorter than 31" | 31" or longer | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>STOCKING</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Wadena 80003700     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>STONY</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cass 11037100       | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Smallmouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>STRAIGHT</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Becker 03001000     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>STRAND</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69052900  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>STRAWBERRY</b>   | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Becker 03032300     | Largemouth Bass  |                     | shorter than 12"     | 12" or longer         |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>STUART</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Otter Tail 56019100 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>STUART</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69020500  | Northern Pike    |                     |                      | shorter than 30"      | 30" or longer     | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
|                     | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |

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Listing of consumption advice does not imply the fish are legal to keep, MN DNR fishing regulations should be consulted.

# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>STUMP</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Beltrami 04013001  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     |                     |                      | All sizes             |                   | Mercury             |
|                    | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>STURGEON</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Pine 58006700      | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>STURGEON</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| St. Louis 69093900 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Lake Whitefish   |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>SUCKER</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38053000      | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | shorter than 22"     | 22" or longer         |                   | Mercury             |
|                    | Walleye          |                     | shorter than 17"     | 17" or longer         |                   | Mercury             |
|                    | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>SUCKER</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Ramsey 62002800    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>SUGAR</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Aitkin 01008700    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     | shorter than 21"     | 21" or longer         |                   | Mercury             |
|                    | Walleye          |                     | shorter than 17"     | 17" or longer         |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>SUGAR</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| Cass 11002600      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>SUGAR</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Wright 86023300    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>SULLIVAN</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Morrison 49001600  | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Crappie          | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | shorter than 16"     | 16" or longer         |                   | Mercury             |
| <b>SUNRISE</b>     | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Chisago 13003100   | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>SUNSET</b>      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Aitkin 01020800    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
| <b>SUNSET POND</b> | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Dakota 19045100    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>SURPRISE</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38055000      | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>SUSAN</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Carver 10001300    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Carp             | All sizes           |                      |                       |                   |                     |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                           | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|-------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>SUSAN</b><br>St. Louis 69074100  | Crappie          |              | All sizes        |                |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>SWAMP</b><br>Cook 16021500       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                     | Walleye          |              | shorter than 16" | 16" or longer  |            | Mercury      |
|                                     | White Sucker     |              | All sizes        |                |            | Mercury      |
|                                     | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>SWAMPER</b><br>Cook 16012800     | Northern Pike    |              |                  |                | All sizes  | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                     | White Sucker     |              |                  | All sizes      |            | Mercury      |
|                                     | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>SWAN</b><br>Cook 16026800        | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>SWAN</b><br>Itasca 31006700      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                     | White Sucker     | All sizes    |                  |                |            |              |
|                                     | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>SWAN</b><br>McLeod 43004000      | Carp             | All sizes    |                  |                |            |              |
|                                     | Crappie          | All sizes    |                  |                |            |              |
|                                     | Walleye          | All sizes    |                  |                |            |              |
| <b>SWAN</b><br>Otter Tail 56078100  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>SWEDE</b><br>Carver 10009500     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                     | Carp             | All sizes    |                  |                |            |              |
|                                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                                     | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>SWEENEY</b><br>Hennepin 27003501 | Largemouth Bass  |              | All sizes        |                |            | PFOS         |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                           | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|-------------------------------------|------------------|--------------|---------------|----------------|------------|--------------|
| <b>SWENSON</b><br>Beltrami 04008500 | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                                     | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                     | Walleye          |              |               | All sizes      |            | Mercury      |
|                                     | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>SYBIL</b><br>Otter Tail 56038700 | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                                     | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                                     | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>SYLVAN</b><br>Cass 11030400      | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                                     | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|                                     | Northern Pike    |              | All sizes     |                |            | Mercury      |
|                                     | Walleye          |              |               | All sizes      |            | Mercury      |
|                                     | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>SYLVAN</b><br>Morrison 49003600  | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                                     | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                     | White Sucker     |              |               | All sizes      |            | Mercury      |
| <b>SYLVANIA</b><br>Lake 38039500    | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                     | White Sucker     |              | All sizes     |                |            | Mercury      |
|                                     | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>T</b><br>Lake 38006600           | Crappie          |              | All sizes     |                |            | Mercury      |
|                                     | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                     | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>TAFT</b><br>Hennepin 27068300    | Bullhead         |              | All sizes     |                |            | Mercury      |
|                                     | Carp             |              | All sizes     |                |            | Mercury      |
|                                     | Crappie          |              | All sizes     |                |            | Mercury      |
|                                     | Walleye          |              | All sizes     |                |            | Mercury      |
| <b>TAIT</b><br>Cook 16038400        | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                                     | Walleye          |              |               | All sizes      |            | Mercury      |
|                                     | White Sucker     |              |               | All sizes      |            | Mercury      |
|                                     | Yellow Perch     |              | All sizes     |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                              | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|--|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>TAKUCMICH</b><br>St. Louis 69036900 | Cisco            |              |                  | All sizes        |               | Mercury      |
|  | Lake Trout       |              |                  |                  | All sizes     | Mercury      |
|  | Northern Pike    |              |                  | shorter than 26" | 26" or longer | Mercury      |
| <b>TALCOT</b><br>Cottonwood 17006000   | Carp             | All sizes    |                  |                  |               |              |
|  | Walleye          |              | All sizes        |                  |               | Mercury      |
|  | Yellow Perch     | All sizes    |                  |                  |               |              |
| <b>TAMARACK</b><br>Carlton 09006700    | Crappie          |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>TAMARACK</b><br>Pine 58002400       | Bluegill Sunfish |              |                  | All sizes        |               | Mercury      |
|  | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
| <b>TANNERS</b><br>Washington 82011500  | Bluegill Sunfish |              | All sizes        |                  |               | PFOS         |
|  | Channel Catfish  |              | All sizes        |                  |               | Mercury      |
|  | Crappie          |              | All sizes        |                  |               | PFOS         |
|  | Largemouth Bass  |              | All sizes        |                  |               | PFOS         |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
| <b>TEE</b><br>St. Louis 69008300       | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>TEN MILE</b><br>Cass 11041300       | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|  | Cisco            | All sizes    |                  |                  |               |              |
|  | Crappie          |              | All sizes        |                  |               | Mercury      |
|  | Lake Whitefish   |              | All sizes        |                  |               | Mercury      |
|  | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              | shorter than 20" | 20" or longer    |               | Mercury      |
|  | Rock Bass        |              | All sizes        |                  |               | Mercury      |
|  | Smallmouth Bass  |              | All sizes        |                  |               | Mercury      |
|  | Sunfish          |              | All sizes        |                  |               | Mercury      |
|  | Walleye          |              | shorter than 19" | 19" or longer    |               | Mercury      |
|  | White Sucker     |              | All sizes        |                  |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>TEN MILE</b>        |                  |                     |                      |                       |                   |                     |
| Otter Tail 56061300    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                        | Carp             | All sizes           |                      |                       |                   |                     |
|                        | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                        | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>TENTH CROW WING</b> |                  |                     |                      |                       |                   |                     |
| Hubbard 29004500       | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                        | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                        | Cisco            | All sizes           |                      |                       |                   |                     |
|                        | Crappie          | All sizes           |                      |                       |                   |                     |
|                        | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                        | Northern Pike    |                     | shorter than 26"     | 26" or longer         |                   | Mercury             |
|                        | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                        | White Sucker     | All sizes           |                      |                       |                   |                     |
| <b>TETAGOUCHE</b>      |                  |                     |                      |                       |                   |                     |
| Lake 38023100          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>TETONKA</b>         |                  |                     |                      |                       |                   |                     |
| Le Sueur 40003100      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                        | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                        | Carp             | All sizes           |                      |                       |                   |                     |
|                        | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                        | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                        | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                        | White Bass       |                     |                      | All sizes             |                   | Mercury             |
|                        | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                        | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>TEUFER</b>          |                  |                     |                      |                       |                   |                     |
| Koochiching 36001900   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>THIRD CROW WING</b> |                  |                     |                      |                       |                   |                     |
| Hubbard 29007700       | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                        | Crappie          | All sizes           |                      |                       |                   |                     |
|                        | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                        | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                        | Redhorse Sucker  | All sizes           |                      |                       |                   |                     |
|                        | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                         | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|--|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>THIRTEEN</b><br>Cass 11048800         | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>THISTLEDEW</b><br>Itasca 31015800     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>THOLE/SCHNEIDER</b><br>Scott 70012000 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|  | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Northern Pike    |                     | shorter than 20"     | 20" or longer         |                   | Mercury             |
| <b>THOMAS</b><br>Lake 38035100           | Cisco            |                     | All sizes            |                       |                   | Mercury             |
|  | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
|  | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|  | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>THOMPSON</b><br>Dakota 19004800       | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|  | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|  | Sunfish          |                     | All sizes            |                       |                   | Mercury             |
| <b>THOMPSON</b><br>Meeker 47015900       | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|  | Carp             | All sizes           |                      |                       |                   |                     |
|  | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>THRASHER</b><br>Cook 16019200         | Brook Trout      |                     |                      | All sizes             |                   | Mercury             |
|  | Splake           |                     |                      | All sizes             |                   | Mercury             |
| <b>THREE</b><br>Lake 38060000            | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|  | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>THREE ISLAND</b><br>Beltrami 04013400 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | shorter than 22" | 22" or longer  |            | Mercury      |
| <b>THUNDER</b><br>Cass 11006200          | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>THUNDERBIRD</b><br>Lake 38003100      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>TIMBER</b><br>Cook 16065400           | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>TOAD</b><br>Becker 03010700           | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Carp             |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              | shorter than 20" | 20" or longer  |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>TOM</b><br>Cook 16001900              | Lake Whitefish   |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>TOOHEY</b><br>Cook 16064500           | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes        |                |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| TOOTH              | Species          | Unrestricted        | 1 meal / week        | 1 meal / month        | Do Not Eat        | Contaminants        |
|--------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| St. Louis 69075600 | Northern Pike    |                     |                      |                       | All sizes         | Mercury             |
| <b>TRAVERSE</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Traverse 78002500  | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Buffalo          |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                    | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Freshwater Drum  | All sizes           |                      |                       |                   |                     |
|                    | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                    | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                    | White Bass       |                     | All sizes            |                       |                   | Mercury             |
|                    | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| Yellow Perch       |                  | All sizes           |                      |                       | Mercury           |                     |
| <b>TRIANGLE</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Lake 38071500      | Northern Pike    |                     | shorter than 18"     | 18" or longer         |                   | Mercury             |
|                    | Walleye          |                     | shorter than 13"     | 13" or longer         |                   | Mercury             |
| <b>TRILLIUM</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cass 11027000      | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     | shorter than 18"     | 18" or longer         |                   | Mercury             |
| <b>TROUT</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Cook 16004900      | Cisco            |                     |                      | All sizes             |                   | Mercury             |
|                    | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
|                    | Rainbow Trout    | All sizes           |                      |                       |                   |                     |
|                    | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>TROUT</b>       | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
| Itasca 31021600    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                    | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                    | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                    | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                    | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                    | White Sucker     | All sizes           |                      |                       |                   |                     |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                          | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat    | Contaminants |
|------------------------------------|------------------|--------------|------------------|----------------|---------------|--------------|
| <b>TROUT</b><br>Itasca 31041000    | Bluegill Sunfish | All sizes    |                  |                |               |              |
|                                    | Lake Trout       |              | shorter than 23" | 23" or longer  |               | Mercury      |
|                                    | Largemouth Bass  |              | All sizes        |                |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes      |               | Mercury      |
|                                    | Walleye          |              |                  | All sizes      |               | Mercury      |
| <b>TROUT</b><br>St. Louis 69049800 | Cisco            |              | All sizes        |                |               | Mercury      |
|                                    | Lake Trout       |              | All sizes        |                |               | Mercury      |
|                                    | Northern Pike    |              | shorter than 17" | 17" - 36"      | 36" or longer | Mercury      |
|                                    | Rock Bass        |              | All sizes        |                |               | Mercury      |
|                                    | Walleye          |              |                  | All sizes      |               | Mercury      |
| <b>TULABY</b><br>Mahnomen 44000300 | Walleye          |              | All sizes        |                |               | Mercury      |
|                                    | White Sucker     | All sizes    |                  |                |               |              |
|                                    | Yellow Perch     | All sizes    |                  |                |               |              |
| <b>TURTLE</b><br>Beltrami 04015900 | Bluegill Sunfish | All sizes    |                  |                |               |              |
|                                    | Cisco            |              | All sizes        |                |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes      |               | Mercury      |
|                                    | Walleye          |              |                  | All sizes      |               | Mercury      |
| <b>TURTLE</b><br>Itasca 31072500   | Bluegill Sunfish |              | All sizes        |                |               | Mercury      |
|                                    | Cisco            |              | All sizes        |                |               | Mercury      |
|                                    | Crappie          | All sizes    |                  |                |               |              |
|                                    | Lake Whitefish   | All sizes    |                  |                |               |              |
|                                    | Northern Pike    |              |                  | All sizes      |               | Mercury      |
|                                    | Smallmouth Bass  |              |                  | All sizes      |               | Mercury      |
|                                    | Walleye          |              |                  | All sizes      |               | Mercury      |
| <b>TURTLE</b><br>Ramsey 62006100   | Carp             |              | All sizes        |                |               | Mercury      |
|                                    | Northern Pike    |              |                  | All sizes      |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME           | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>TURTLE RIVER</b> |                  |              |                  |                |            |              |
| Beltrami 04011100   | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                     | Cisco            |              | All sizes        |                |            | Mercury      |
|                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                     | Walleye          |              | All sizes        |                |            | Mercury      |
|                     | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>TUSCARORA</b>    |                  |              |                  |                |            |              |
| Cook 16062300       | Lake Trout       |              | All sizes        |                |            | Mercury      |
| <b>TWIN</b>         |                  |              |                  |                |            |              |
| Hennepin 27004200   | Bluegill Sunfish |              | All sizes        |                |            | PFOS         |
|                     | Carp             |              | All sizes        |                |            | Mercury      |
|                     | Crappie          |              | All sizes        |                |            | Mercury PFOS |
|                     | Largemouth Bass  |              |                  | All sizes      |            | Mercury PFOS |
|                     | Northern Pike    |              | shorter than 24" | 24" or longer  |            | Mercury      |
| <b>TWIN</b>         |                  |              |                  |                |            |              |
| St. Louis 69016300  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                     | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>TWO</b>          |                  |              |                  |                |            |              |
| Lake 38060800       | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                     | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>TWO DEER</b>     |                  |              |                  |                |            |              |
| Lake 38067100       | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                     | White Sucker     |              | All sizes        |                |            | Mercury      |
|                     | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>TWO INLETS</b>   |                  |              |                  |                |            |              |
| Becker 03001700     | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                     | Crappie          | All sizes    |                  |                |            |              |
|                     | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                     | Redhorse Sucker  |              | All sizes        |                |            | Mercury      |
|                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                     | White Sucker     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|-------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>TWO ISLAND</b>       |                  |                     |                      |                       |                   |                     |
| Cook 16015600           | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                         | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                         | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                         | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                         | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>TWO RIVERS</b>       |                  |                     |                      |                       |                   |                     |
| Stearns 73013800        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                         | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                         | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                         | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                         | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                         | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>UNION</b>            |                  |                     |                      |                       |                   |                     |
| Polk 60021700           | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                         | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                         | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                         | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                         | Walleye          |                     | All sizes            |                       |                   | Mercury             |
| <b>UNION</b>            |                  |                     |                      |                       |                   |                     |
| Wright 86029800         | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                         | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                         | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>UNNAMED(JACKSON)</b> |                  |                     |                      |                       |                   |                     |
| Washington 82030500     | Crappie          |                     | All sizes            |                       |                   | PFOS                |
| <b>UPPER BOTTLE</b>     |                  |                     |                      |                       |                   |                     |
| Hubbard 29014800        | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                         | Crappie          | All sizes           |                      |                       |                   |                     |
|                         | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                         | Walleye          |                     | All sizes            |                       |                   | Mercury             |
|                         | White Sucker     | All sizes           |                      |                       |                   |                     |
|                         | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                   | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|---|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>UPPER COMSTOCK</b><br>St. Louis 69041201 | Bluegill Sunfish |              |                  | All sizes        |               | Mercury      |
|   | Crappie          |              |                  | All sizes        |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | shorter than 15" | 15" or longer | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
|   | Yellow Perch     |              |                  |                  | All sizes     | Mercury      |
| <b>UPPER CONE</b><br>Cook 16041200          | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Smallmouth Bass  |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>UPPER CORMORANT</b><br>Becker 03058800   | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Carp             |              | All sizes        |                  |               | Mercury      |
|   | Crappie          |              | All sizes        |                  |               | Mercury      |
|   | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
| <b>UPPER DEAN</b><br>Crow Wing 18017000     | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Crappie          |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              | shorter than 23" | 23" or longer    |               | Mercury      |
| <b>UPPER HAY</b><br>Crow Wing 18041200      | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|   | Bullhead         |              | All sizes        |                  |               | Mercury      |
|   | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|   | Walleye          |              | All sizes        |                  |               | Mercury      |
| <b>UPPER MISSION</b><br>Crow Wing 18024200  | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|   | Crappie          | All sizes    |                  |                  |               |              |
|   | Largemouth Bass  |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              | shorter than 20" | 20" or longer    |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME               | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|-------------------------|------------------|--------------|---------------|----------------|------------|--------------|
| <b>UPPER PANASA</b>     |                  |              |               |                |            |              |
| Itasca 31011100         | Bullhead         | All sizes    |               |                |            |              |
|                         | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                         | Walleye          |              | All sizes     |                |            | Mercury      |
|                         | White Sucker     | All sizes    |               |                |            |              |
|                         | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>UPPER PAUNESS</b>    |                  |              |               |                |            |              |
| St. Louis 69046500      | Walleye          |              |               | All sizes      |            | Mercury      |
|                         | Yellow Perch     |              |               | All sizes      |            | Mercury      |
| <b>UPPER PINE</b>       |                  |              |               |                |            |              |
| Pine 58013000           | Crappie          |              | All sizes     |                |            | Mercury      |
|                         | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                         | White Sucker     | All sizes    |               |                |            |              |
| <b>UPPER PRIOR</b>      |                  |              |               |                |            |              |
| Scott 70007200          | Bluegill Sunfish | All sizes    |               |                |            |              |
|                         | Bullhead         |              | All sizes     |                |            | Mercury      |
|                         | Carp             |              | All sizes     |                |            | Mercury      |
|                         | Crappie          | All sizes    |               |                |            |              |
|                         | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                         | Walleye          |              | All sizes     |                |            | Mercury      |
| <b>UPPER SAKATAH</b>    |                  |              |               |                |            |              |
| Le Sueur 40000200       | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                         | Bullhead         |              | All sizes     |                |            | Mercury      |
|                         | Carp             |              | All sizes     |                |            | Mercury      |
|                         | Channel Catfish  |              | All sizes     |                |            | Mercury      |
|                         | Crappie          |              | All sizes     |                |            | Mercury      |
|                         | Freshwater Drum  |              | All sizes     |                |            | Mercury      |
|                         | Largemouth Bass  |              |               | All sizes      |            | Mercury      |
|                         | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                         | Walleye          |              |               | All sizes      |            | Mercury      |
|                         | White Bass       |              |               | All sizes      |            | Mercury      |
|                         | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>UPPER SOUTH LONG</b> |                  |              |               |                |            |              |
| Crow Wing 18009600      | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|                         | Cisco            | All sizes    |               |                |            |              |
|                         | Crappie          |              | All sizes     |                |            | Mercury      |
|                         | Northern Pike    |              |               | All sizes      |            | Mercury      |
|                         | Walleye          |              |               | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

| LAKE NAME<br>County DOWID*                 | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|------------------|----------------|------------|--------------|
| <b>UPPER TWIN</b><br>Hubbard 29015700      | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Redhorse Sucker  |              |                  | All sizes      |            | Mercury      |
|  | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>VALLEY (unnamed)</b><br>Dakota 19034800 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>VERA</b><br>Lake 38049100               | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>VERMILION</b><br>St. Louis 69037800     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Cisco            |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury      |
|  | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>VERMILLION</b><br>Cass 11002900         | Bluegill Sunfish | All sizes    |                  |                |            |              |
|  | Crappie          | All sizes    |                  |                |            |              |
|  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|  | Northern Pike    |              | shorter than 20" | 20" or longer  |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
|  | White Sucker     | All sizes    |                  |                |            |              |
| <b>VERNON</b><br>Cook 16026700             | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>VICTORIA</b><br>Douglas 21005400        | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|  | Bullhead         |              | All sizes        |                |            | Mercury      |
|  | Crappie          |              | All sizes        |                |            | Mercury      |
|  | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|  | Walleye          |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                      | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>VILLARD</b><br>Pope 61006700       | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Crappie          |                     |                      | All sizes             |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>VIRGINIA</b><br>Carver 10001500    | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
| <b>VIRGINIA</b><br>St. Louis 69066300 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | shorter than 37"      | 37" or longer     | Mercury             |
| <b>VISTA</b><br>Cook 16022400         | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                                       | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|                                       | Yellow Perch     |                     |                      | All sizes             |                   | Mercury             |
| <b>VOLNEY</b><br>Le Sueur 40003300    | Buffalo          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                                       | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>WABANA</b><br>Itasca 31039200      | Largemouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
| <b>WABEDO</b><br>Cass 11017100        | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                                       | Crappie          | All sizes           |                      |                       |                   |                     |
|                                       | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                                       | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                                       | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|                                       | Walleye          |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>    | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---------------------|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>WABOOSE</b>      |                  |                     |                      |                       |                   |                     |
| Hubbard 29009800    | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>WACONIA</b>      |                  |                     |                      |                       |                   |                     |
| Carver 10005900     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          | All sizes           |                      |                       |                   |                     |
|                     | Freshwater Drum  |                     | All sizes            |                       |                   | Mercury             |
|                     | Muskellunge      |                     |                      |                       | All sizes         | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>WAKEFIELD</b>    |                  |                     |                      |                       |                   |                     |
| Aitkin 01003600     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Bullhead         |                     |                      | All sizes             |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>WAKEFIELD</b>    |                  |                     |                      |                       |                   |                     |
| Ramsey 62001100     | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
| <b>WALKER</b>       |                  |                     |                      |                       |                   |                     |
| Otter Tail 56031000 | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|                     | Bullhead         |                     | All sizes            |                       |                   | Mercury             |
|                     | Carp             |                     | All sizes            |                       |                   | Mercury             |
|                     | Crappie          |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     | All sizes            |                       |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>WALL</b>         |                  |                     |                      |                       |                   |                     |
| Otter Tail 56065800 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|                     | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|                     | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|                     | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|                     | White Sucker     |                     | All sizes            |                       |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME          | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>WALNUT</b>      |                  |              |                  |                |            |              |
| Faribault 22002300 | Carp             | All sizes    |                  |                |            |              |
|                    | Crappie          | All sizes    |                  |                |            |              |
|                    | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>WAMPUS</b>      |                  |              |                  |                |            |              |
| Cook 16019600      | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>WANLESS</b>     |                  |              |                  |                |            |              |
| Lake 38004900      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | White Sucker     |              |                  | All sizes      |            | Mercury      |
| <b>WAR CLUB</b>    |                  |              |                  |                |            |              |
| St. Louis 69093700 | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>WARNER</b>      |                  |              |                  |                |            |              |
| Stearns 73001100   | Carp             |              | All sizes        |                |            | Mercury      |
|                    | Crappie          |              | All sizes        |                |            | Mercury      |
|                    | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>WASHBURN</b>    |                  |              |                  |                |            |              |
| Cass 11005900      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>WASHINGTON</b>  |                  |              |                  |                |            |              |
| Le Sueur 40011700  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                    | Carp             | All sizes    |                  |                |            |              |
|                    | Crappie          | All sizes    |                  |                |            |              |
|                    | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                    | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>WASHINGTON</b>  |                  |              |                  |                |            |              |
| Meeker 47004600    | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                    | Bullhead         | All sizes    |                  |                |            |              |
|                    | Carp             | All sizes    |                  |                |            |              |
|                    | Crappie          |              | All sizes        |                |            | Mercury      |
|                    | Largemouth Bass  |              | shorter than 15" | 15" or longer  |            | Mercury      |
|                    | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                    | Smallmouth Bass  |              | All sizes        |                |            | Mercury      |
|                    | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                            | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|--------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>WASSERMANN</b><br>Carver 10004800 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Bullhead         |              | All sizes        |                |            | Mercury      |
|                                      | Carp             |              | All sizes        |                |            | Mercury      |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | shorter than 28" | 28" or longer  |            | Mercury      |
|                                      | Yellow Perch     |              |                  | All sizes      |            | Mercury      |
| <b>WATONWAN</b><br>Lake 38007900     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                      |                  |              |                  |                |            |              |
| <b>WAUKENABO</b><br>Aitkin 01013600  | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>WAVERLY</b><br>Wright 86011400    | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Carp             |              | All sizes        |                |            | Mercury PCBs |
|                                      | Crappie          |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                      | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>WEAVER</b><br>Hennepin 27011700   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                      | Bullhead         |              |                  | All sizes      |            | Mercury      |
|                                      | Crappie          |              |                  | All sizes      |            | Mercury      |
|                                      | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>WEBB</b><br>Cass 11031100         | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                                      | Crappie          | All sizes    |                  |                |            |              |
|                                      | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                                      | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                                      | Walleye          |              | All sizes        |                |            | Mercury      |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME           | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>WELLS</b>        |                  |              |                  |                |            |              |
| Rice 66001000       | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                     | Channel Catfish  |              | All sizes        |                |            | Mercury      |
|                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                     | Freshwater Drum  | All sizes    |                  |                |            |              |
|                     | Walleye          |              | All sizes        |                |            | Mercury      |
|                     | White Bass       |              |                  | All sizes      |            | Mercury      |
|                     | White Sucker     |              | All sizes        |                |            | Mercury      |
|                     | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>WENCH</b>        |                  |              |                  |                |            |              |
| Cook 16039800       | Brook Trout      |              | All sizes        |                |            | Mercury      |
| <b>WEST BATTLE</b>  |                  |              |                  |                |            |              |
| Otter Tail 56023900 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                     | Bullhead         |              | All sizes        |                |            | Mercury      |
|                     | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                     | Northern Pike    |              | shorter than 18" | 18" or longer  |            | Mercury      |
|                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                     | White Sucker     |              | All sizes        |                |            | Mercury      |
| <b>WEST CHUB</b>    |                  |              |                  |                |            |              |
| Lake 38067500       | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                     | White Sucker     |              | All sizes        |                |            | Mercury      |
|                     | Yellow Perch     | All sizes    |                  |                |            |              |
| <b>WEST FOX</b>     |                  |              |                  |                |            |              |
| Crow Wing 18029700  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|                     | Cisco            |              | All sizes        |                |            | Mercury      |
|                     | Crappie          | All sizes    |                  |                |            |              |
|                     | Largemouth Bass  |              | All sizes        |                |            | Mercury      |
|                     | Northern Pike    |              | All sizes        |                |            | Mercury      |
|                     | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>WEST GRAHAM</b>  |                  |              |                  |                |            |              |
| Nobles 53002100     | Carp             | All sizes    |                  |                |            |              |
|                     | Walleye          | All sizes    |                  |                |            |              |
|                     | Yellow Perch     | All sizes    |                  |                |            |              |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                                   | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|------------------|----------------|------------|--------------|
| <b>WEST JEFFERSON</b><br>Le Sueur 40009202  | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Buffalo          | All sizes    |                  |                |            |              |
|   | Bullhead         | All sizes    |                  |                |            |              |
|   | Carp             | All sizes    |                  |                |            |              |
|   | Crappie          | All sizes    |                  |                |            |              |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
| <b>WEST LAKE SYLVIA</b><br>Wright 86027900  | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
| <b>WEST LEAF</b><br>Otter Tail 56011400     | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     | All sizes    |                  |                |            |              |
| <b>WEST MCDONALD</b><br>Otter Tail 56038602 | Bluegill Sunfish | All sizes    |                  |                |            |              |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>WEST PIKE</b><br>Cook 16008600           | Lake Trout       |              | shorter than 20" | 20" or longer  |            | Mercury      |
|   | Smallmouth Bass  |              |                  | All sizes      |            | Mercury      |
|   |                  |              |                  |                |            |              |
| <b>WEST POPE</b><br>Cook 16034100           | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              |                  | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes        |                |            | Mercury      |
|   | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>WEST ROBINSON</b><br>St. Louis 69021700  | Northern Pike    |              | shorter than 26" | 26" or longer  |            | Mercury      |
| <b>WEST RUSH</b><br>Chisago 13006902        | Crappie          |              | All sizes        |                |            | Mercury      |
|   | Freshwater Drum  |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              | All sizes        |                |            | Mercury      |
|   | Walleye          |              | All sizes        |                |            | Mercury      |
| <b>WEST SILENT</b><br>Otter Tail 56051900   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|   | Northern Pike    |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME   | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|---|------------------|--------------|---------------|----------------|------------|--------------|
| <b>WEST TWIN</b><br>Cook 16018600                 | Walleye          |              | All sizes     |                |            | Mercury      |
| <b>WEST TWO RIVERS RES.</b><br>St. Louis 69099400 | Bullhead         |              | All sizes     |                |            | Mercury      |
|   | Crappie          |              | All sizes     |                |            | Mercury      |
|   | Northern Pike    |              |               | All sizes      |            | Mercury      |
| <b>WHALETAIL</b><br>Hennepin 27018400             | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Bullhead         |              | All sizes     |                |            | Mercury      |
|   | Carp             |              | All sizes     |                |            | Mercury      |
|   | Crappie          | All sizes    |               |                |            |              |
|   | Northern Pike    |              | All sizes     |                |            | Mercury      |
|   | White Sucker     | All sizes    |               |                |            |              |
| <b>WHISKEY</b><br>Douglas 21021600                | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
| <b>WHISPER</b><br>St. Louis 69005900              | Bluegill Sunfish |              | All sizes     |                |            | Mercury      |
|   | Largemouth Bass  |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>WHITE BEAR</b><br>Washington 82016700          | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Crappie          | All sizes    |               |                |            |              |
|   | Northern Pike    |              | All sizes     |                |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>WHITE EARTH</b><br>Becker 03032800             | Bluegill Sunfish | All sizes    |               |                |            |              |
|   | Northern Pike    |              | All sizes     |                |            | Mercury      |
|   | Smallmouth Bass  |              |               | All sizes      |            | Mercury      |
|   | Walleye          |              |               | All sizes      |            | Mercury      |
|   | White Sucker     | All sizes    |               |                |            |              |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

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|---|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>WHITE IRON</b><br>St. Louis 69000400     | Cisco            |              | All sizes        |                  |               | Mercury      |
|   | Crappie          |              |                  | All sizes        |               | Mercury      |
|   | Northern Pike    |              |                  | shorter than 33" | 33" or longer | Mercury      |
|   | Rock Bass        |              |                  | All sizes        |               | Mercury      |
|   | Smallmouth Bass  |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | shorter than 23" | 23" or longer | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
|   | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>WHITE PINE</b><br>Cook 16036900          | Northern Pike    |              | All sizes        |                  |               | Mercury      |
|   | Walleye          |              | shorter than 19" | 19" or longer    |               | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
|   | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>WHITE SWAN</b><br>Itasca 31026000        | Northern Pike    |              |                  | All sizes        |               | Mercury      |
| <b>WHITEFACE RES.</b><br>St. Louis 69037500 | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|   | Crappie          |              | All sizes        |                  |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Rock Bass        |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
|   | Yellow Perch     |              |                  | All sizes        |               | Mercury      |
| <b>WHITEFISH</b><br>Crow Wing 18031000      | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|   | Lake Whitefish   | All sizes    |                  |                  |               |              |
|   | Largemouth Bass  |              |                  | All sizes        |               | Mercury      |
|   | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Smallmouth Bass  |              | All sizes        |                  |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
|   | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>WHITEFISH</b><br>Lake 38006000           | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|   | Walleye          |              |                  | All sizes        |               | Mercury      |
|   | White Sucker     |              |                  | All sizes        |               | Mercury      |
|   | Yellow Perch     |              | All sizes        |                  |               | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                  | Species          | Unrestricted | 1 meal / week    | 1 meal / month | Do Not Eat | Contaminants |
|----------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>WHITEWATER</b>          |                  |              |                  |                |            |              |
| St. Louis 69037600         | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                            | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                            | Walleye          |              |                  | All sizes      |            | Mercury      |
|                            | White Sucker     |              |                  | All sizes      |            | Mercury      |
| <b>WILD RICE</b>           |                  |              |                  |                |            |              |
| St. Louis 69037100         | Bluegill Sunfish |              | All sizes        |                |            | Mercury PFOS |
|                            | Crappie          |              | All sizes        |                |            | Mercury PFOS |
|                            | Northern Pike    |              | shorter than 24" | 24" or longer  |            | Mercury PFOS |
|                            | Walleye          |              | shorter than 19" | 19" or longer  |            | Mercury PFOS |
|                            | White Sucker     |              | All sizes        |                |            | Mercury      |
|                            | Yellow Perch     |              | All sizes        |                |            | Mercury      |
| <b>WILLIAMS</b>            |                  |              |                  |                |            |              |
| Hubbard 29001500           | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                            | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>WILLIE</b>              |                  |              |                  |                |            |              |
| Meeker 47006100            | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                            | Buffalo          |              | All sizes        |                |            | Mercury      |
|                            | Carp             | All sizes    |                  |                |            |              |
|                            | Crappie          |              | All sizes        |                |            | Mercury      |
|                            | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                            | Walleye          |              |                  | All sizes      |            | Mercury      |
|                            | White Sucker     | All sizes    |                  |                |            |              |
| <b>WILLMAR</b>             |                  |              |                  |                |            |              |
| Kandiyohi 34018000         | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                            | Carp             | All sizes    |                  |                |            |              |
|                            | Crappie          | All sizes    |                  |                |            |              |
|                            | Walleye          |              | All sizes        |                |            | Mercury      |
|                            | White Sucker     | All sizes    |                  |                |            |              |
| <b>WILLOW RESERVOIR 4</b>  |                  |              |                  |                |            |              |
| Olmsted 55002000           | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                            | Bullhead         |              | All sizes        |                |            | Mercury      |
|                            | Crappie          |              | All sizes        |                |            | Mercury      |
| <b>WILLOW RESERVOIR 6A</b> |                  |              |                  |                |            |              |
| Olmsted 55002100           | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                            | Largemouth Bass  |              |                  | All sizes      |            | Mercury      |
|                            | White Sucker     |              |                  | All sizes      |            | Mercury      |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

| <b>LAKE NAME</b>                        | <b>Species</b>   | <b>Unrestricted</b> | <b>1 meal / week</b> | <b>1 meal / month</b> | <b>Do Not Eat</b> | <b>Contaminants</b> |
|---|------------------|---------------------|----------------------|-----------------------|-------------------|---------------------|
| <b>WILSON</b><br>Lake 38004700          | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     | shorter than 15"     | 15" or longer         |                   | Mercury             |
|   | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|   | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>WINCHELL</b><br>Cook 16035400        | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>WINCHESTER</b><br>St. Louis 69069000 | Bluegill Sunfish |                     | All sizes            |                       |                   | Mercury             |
|   | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |
|   | Smallmouth Bass  |                     |                      | All sizes             |                   | Mercury             |
|   | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
| <b>WIND</b><br>Lake 38064200            | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|   | Northern Pike    |                     | shorter than 27"     | 27" or longer         |                   | Mercury             |
|   | White Sucker     | All sizes           |                      |                       |                   |                     |
|   | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>WINDIGO</b><br>Beltrami 04004800     | Bluegill Sunfish | All sizes           |                      |                       |                   |                     |
|   | Largemouth Bass  |                     | All sizes            |                       |                   | Mercury             |
|   | Northern Pike    |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
| <b>WINDY</b><br>Lake 38006800           | Lake Whitefish   |                     |                      | All sizes             |                   | Mercury             |
|   | Northern Pike    |                     |                      | shorter than 28"      | 28" or longer     | Mercury             |
|   | Rock Bass        |                     |                      | All sizes             |                   | Mercury             |
|   | Walleye          |                     |                      | All sizes             |                   | Mercury             |
|   | White Sucker     |                     | All sizes            |                       |                   | Mercury             |
|   | Yellow Perch     |                     | All sizes            |                       |                   | Mercury             |
| <b>WINE</b><br>Cook 16068600            | Lake Trout       |                     |                      | All sizes             |                   | Mercury             |

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                              | Species          | Unrestricted | 1 meal / week | 1 meal / month | Do Not Eat | Contaminants |
|--|------------------|--------------|---------------|----------------|------------|--------------|
| <b>WINNIBIGOSHISH</b><br>Cass 11014700 | Bullhead         |              | All sizes     |                |            | Mercury      |
|  | Cisco            | All sizes    |               |                |            |              |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              | All sizes     |                |            | Mercury      |
|  | Yellow Perch     |              | All sizes     |                |            | Mercury      |
| <b>WINONA</b><br>Douglas 21008100      | Bullhead         | All sizes    |               |                |            |              |
|  | Carp             | All sizes    |               |                |            |              |
|  | Crappie          |              | All sizes     |                |            | Mercury      |
|  | Largemouth Bass  | All sizes    |               |                |            |              |
|  | White Sucker     | All sizes    |               |                |            |              |
| <b>WINONA</b><br>Winona 85001100       | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Crappie          |              | All sizes     |                |            | Mercury      |
|  | Largemouth Bass  | All sizes    |               |                |            |              |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          | All sizes    |               |                |            |              |
| <b>WINSTED</b><br>McLeod 43001200      | Bluegill Sunfish |              |               | All sizes      |            | Mercury      |
|  | Carp             |              | All sizes     |                |            | Mercury      |
|  | Crappie          |              |               | All sizes      |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
| <b>WIRTH</b><br>Hennepin 27003700      | Carp             |              | All sizes     |                |            | Mercury      |
|  | Channel Catfish  |              | All sizes     |                |            | Mercury      |
|  | Crappie          |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              |               | All sizes      |            | Mercury      |
|  | Walleye          |              | All sizes     |                |            | Mercury      |
|  | White Sucker     |              | All sizes     |                |            | Mercury      |
| <b>WOLF</b><br>Becker 03010100         | Bluegill Sunfish | All sizes    |               |                |            |              |
|  | Crappie          |              | All sizes     |                |            | Mercury      |
|  | Northern Pike    |              | All sizes     |                |            | Mercury      |
|  | Walleye          |              |               | All sizes      |            | Mercury      |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

| LAKE NAME                              | Species          | Unrestricted | 1 meal / week    | 1 meal / month   | Do Not Eat    | Contaminants |
|--|------------------|--------------|------------------|------------------|---------------|--------------|
| <b>WOLF</b><br>Beltrami 04007900       | Cisco            |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              | shorter than 20" | 20" or longer    |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
|  | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>WOLF</b><br>Itasca 31015200         | Crappie          |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
|  | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>WOLF</b><br>St. Louis 69014300      | Crappie          |              |                  | All sizes        |               | Mercury      |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              |                  | shorter than 21" | 21" or longer | Mercury      |
|  | White Sucker     |              |                  | All sizes        |               | Mercury      |
| <b>WOLF</b><br>St. Louis 69016100      | Bluegill Sunfish |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              |                  | All sizes        |               | Mercury      |
|  | White Sucker     |              | All sizes        |                  |               | Mercury      |
| <b>WOLF</b><br>St. Louis 69058200      | Northern Pike    |              |                  | All sizes        |               | Mercury      |
|  | Walleye          |              | All sizes        |                  |               | Mercury      |
|  | White Sucker     |              | All sizes        |                  |               | Mercury      |
|  | Yellow Perch     |              | All sizes        |                  |               | Mercury      |
| <b>WOLFE PARK</b><br>Hennepin 27066400 | Bluegill Sunfish | All sizes    |                  |                  |               |              |
|  | Bullhead         | All sizes    |                  |                  |               |              |
|  | Crappie          |              | All sizes        |                  |               | Mercury      |
|  | Northern Pike    |              |                  | All sizes        |               | Mercury      |

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## LAKE NAME

County DOWID\*

## Meal Advice

| WOMAN              | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
|--------------------|------------------|--------------|---------------|------------------|---------------|--------------|
| Cass 11020100      | Bluegill Sunfish | All sizes    |               |                  |               |              |
|                    | Bullhead         |              | All sizes     |                  |               | Mercury      |
|                    | Crappie          | All sizes    |               |                  |               |              |
|                    | Northern Pike    |              |               | All sizes        |               | Mercury      |
|                    | Smallmouth Bass  |              | All sizes     |                  |               | Mercury      |
|                    | Walleye          |              | All sizes     |                  |               | Mercury      |
|                    | White Sucker     | All sizes    |               |                  |               |              |
|                    | Yellow Perch     |              | All sizes     |                  |               | Mercury      |
| WOOD               | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
| Watowan 83006000   | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|                    | Bullhead         |              | All sizes     |                  |               | Mercury      |
|                    | Crappie          |              | All sizes     |                  |               | Mercury      |
|                    | Walleye          |              | All sizes     |                  |               | Mercury      |
| WOOD PARK          | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
| Dakota 19002400    | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
| WYE                | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
| Lake 38004200      | Northern Pike    |              |               | All sizes        |               | Mercury      |
|                    | Walleye          |              |               | All sizes        |               | Mercury      |
|                    | White Sucker     |              | All sizes     |                  |               | Mercury      |
|                    | Yellow Perch     |              | All sizes     |                  |               | Mercury      |
| WYNNE              | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
| St. Louis 69043402 | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|                    | Cisco            |              |               | All sizes        |               | Mercury      |
|                    | Northern Pike    |              |               | All sizes        |               | Mercury      |
|                    | Walleye          |              |               | shorter than 15" | 15" or longer | Mercury      |
| YANKTON            | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
| Lyon 42004700      | White Sucker     | All sizes    |               |                  |               |              |
| ZUMBRA-SUNNY       | Species          | Unrestricted | 1 meal / week | 1 meal / month   | Do Not Eat    | Contaminants |
| Carver 10004100    | Bluegill Sunfish |              | All sizes     |                  |               | Mercury      |
|                    | Bullhead         |              | All sizes     |                  |               | Mercury      |
|                    | Crappie          |              | All sizes     |                  |               | Mercury      |
|                    | Northern Pike    |              | All sizes     |                  |               | Mercury      |

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Minnesota  
Department  
of Health

## LAKE NAME

County DOWID\*

## Meal Advice

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|-------------------------------------|------------------|--------------|------------------|----------------|------------|--------------|
| <b>ZUMBRO</b><br>Olmsted 55000400   | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                     | Carp             |              | All sizes        |                |            | Mercury      |
|                                     | Channel Catfish  |              | All sizes        |                |            | Mercury      |
|                                     | Crappie          |              | All sizes        |                |            | Mercury PFOS |
|                                     | Largemouth Bass  |              |                  |                | All sizes  | Mercury PFOS |
|                                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
| <b>ZUMWALDE</b><br>Stearns 73008900 | Bluegill Sunfish |              | All sizes        |                |            | Mercury      |
|                                     | Carp             |              | All sizes        |                |            | Mercury      |
|                                     | Channel Catfish  |              | shorter than 22" | 22" or longer  |            | Mercury      |
|                                     | Crappie          |              | All sizes        |                |            | Mercury      |
|                                     | Largemouth Bass  |              |                  |                | All sizes  | Mercury      |
|                                     | Northern Pike    |              |                  | All sizes      |            | Mercury      |
|                                     | Redhorse Sucker  |              |                  | All sizes      |            | Mercury      |
|                                     | Walleye          |              |                  | All sizes      |            | Mercury      |
|                                     | White Sucker     |              |                  | All sizes      |            | Mercury      |

### More information:

See Information at:

|                                  |   |
|----------------------------------|---|
| MN DNR fishing regulations       | <a href="http://www.dnr.state.mn.us/regulations/fishing/index.html">http://www.dnr.state.mn.us/regulations/fishing/index.html</a>                           |
| PFOS - Perfluorooctane sulfonate | <a href="http://www.health.state.mn.us/divs/eh/hazardous/topics/pfcs/index.html">http://www.health.state.mn.us/divs/eh/hazardous/topics/pfcs/index.html</a> |
| PCBs - Polychlorinated biphenyls | <a href="http://www.health.state.mn.us/divs/eh/fish/faq.html">http://www.health.state.mn.us/divs/eh/fish/faq.html</a>                                       |
| Meal Advice                      | <a href="http://www.health.state.mn.us/divs/eh/fish/eating/meal.html">http://www.health.state.mn.us/divs/eh/fish/eating/meal.html</a>                       |
| Mercury                          | <a href="http://www.health.state.mn.us/divs/eh/fish/faq.html">http://www.health.state.mn.us/divs/eh/fish/faq.html</a>                                       |
| Dioxin                           | <a href="http://www.health.state.mn.us/divs/eh/risk/chemhazards/dioxins.html">http://www.health.state.mn.us/divs/eh/risk/chemhazards/dioxins.html</a>       |

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