

# Fish Consumption Guidelines for Women Who Are or May become Pregnant and Children Under Age 15, Rivers



## RIVER NAME

Location	Meal Advice					
RIVER NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>BASSETT CR.</b>	White Sucker	All sizes				
<b>BIG FORK R.</b>	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>BLUE EARTH R.</b>						
above Rapidan Dam	Carp		All sizes			Mercury
	Channel Catfish			All sizes		Mercury
	Quillback		All sizes			Mercury
below Rapidan Dam	Carp		All sizes			Mercury
	Channel Catfish			All sizes		Mercury
	Quillback		All sizes			Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
<b>BUFFALO CR.</b>	Carp		All sizes			Mercury
<b>CANBY CR.</b>	White Sucker	All sizes				
<b>CANNON R.</b>						
Fairbault to Northfield	Carp		All sizes			Mercury
	White Sucker		All sizes			Mercury
Northfield to Byllesby Res.	Carp		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
Byllesby Res. to Welsch	Carp		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury

### Notes:

R. - River, CR. - Creek PCBs - Polychlorinated biphenyls PFOS - Perfluorooctane sulfonate

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CEDAR R.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
above Mill Pond Dam, Austin	Bullhead			All sizes		Mercury
	Carp		All sizes			Mercury PCBs
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	River Carpsucker			All sizes		Mercury PCBs
	Smallmouth Bass		All sizes			Mercury
below Mill Pond Dam, Austin	White Sucker		All sizes			Mercury
	Carp		All sizes			Mercury PCBs
	Redhorse Sucker			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	White Sucker		All sizes			Mercury

Carp from this river 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. You can reduce your exposure to dioxin by choosing to eat a different species and following the consumption guidelines for that species.

CENTER CR.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	White Sucker		All sizes			Mercury

CHIPPEWA R.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

CLEARWATER R.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury

COTTONWOOD R.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury PCBs
	Freshwater Drum		All sizes			Mercury
	Quillback		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

CROOKED CR.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brook Trout		All sizes			Mercury
	Rainbow Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury

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<b>CROW R.</b>	Carp		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
<b>CROW R., N FORK</b>	Carp			All sizes		Mercury
	Channel Catfish		shorter than 17"	17" or longer		Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye				All sizes	Mercury
<b>CROW R., S FORK</b>	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>CROW WING R.</b>	Bluegill Sunfish		All sizes			Mercury
	Carp			All sizes		Mercury
	Northern Pike		All sizes			Mercury
<b>DARK R.</b>	Brook Trout		All sizes			Mercury
	Brown Trout		All sizes			Mercury
<b>ELK R.</b>	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
<b>FORT RIDGELY CR.</b>	Brown Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>GARVIN BROOK</b>	Brown Trout	All sizes				
	White Sucker		All sizes			Mercury
<b>GILMORE CR.</b>	Brown Trout		All sizes			Mercury
<b>GRAND PORTAGE CR.</b>	Brook Trout	All sizes				

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<b>HAWK CR.</b>	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>HAY CR.</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 Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>JUNCO CR.</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>
	Brook Trout		All sizes			Mercury
<b>KABEKONA R.</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>
	Brook Trout		All sizes			Mercury
<b>KETTLE R.</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>
	Channel Catfish			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker			All sizes		Mercury
	Rock Bass		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>KIMBALL CR.</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>
	Brook Trout	All sizes				
	Rainbow Trout	All sizes				
<b>LAC QUI PARLE R.</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>
	Carp			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>LE SUEUR R.</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>
	Buffalo		All sizes			Mercury
	Carp			All sizes		PCBs
	Channel Catfish		All sizes			Mercury PCBs
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>LEAF R.</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>
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury

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<b>LITTLE FORK R.</b>	Northern Pike			All sizes		Mercury
	Quillback			All sizes		Mercury PCBs
	Redhorse Sucker			All sizes		Mercury
	Sauger			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>LONG PRAIRIE R.</b>	Carp			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Rock Bass			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>MILL CR.</b>	Brown Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>MILLER CR.</b>	Brook Trout		All sizes			Mercury
<b>MINNESOTA R.</b>						
	above Minnesota Falls	Carp		All sizes		Mercury
		Channel Catfish			All sizes	Mercury
		Crappie	All sizes			
		Freshwater Drum		All sizes		Mercury
		Walleye		shorter than 17"	17" or longer	Mercury
		White Bass		All sizes		Mercury
	below Minnesota Falls	Bluegill Sunfish		All sizes		Mercury
		Buffalo			All sizes	Mercury
		Carp		All sizes		Mercury PCBs
		Channel Catfish		All sizes		Mercury PCBs
		Flathead Catfish		shorter than 20"	20" or longer	Mercury PCBs
		Quillback		All sizes		Mercury
		Sauger			All sizes	Mercury PCBs
		Walleye		shorter than 17"	17" or longer	Mercury PCBs
		White Bass			All sizes	Mercury PFOS
		White Sucker		All sizes		Mercury

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Location	Meal Advice					
MISSISSIPPI R.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Itasca to Ottetail Power Dam	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker		All sizes			Mercury
	Rock Bass			All sizes		Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
Ottetail Power Dam to Knutson Dam	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker		All sizes			Mercury
	Rock Bass			All sizes		Mercury
	Sunfish		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
Knutson Dam to Cohasset Dam	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Rock Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
	Grand Rapids Dam to Brainerd Dam	Bluegill Sunfish		All sizes		
Carp				All sizes		Mercury
Channel Catfish			All sizes			Mercury
Crappie			All sizes			Mercury
Northern Pike				All sizes		Mercury
Redhorse Sucker				All sizes		Mercury
Rock Bass				All sizes		Mercury
Smallmouth Bass			shorter than 12"	12" or longer		Mercury
Sunfish			All sizes			Mercury
Walleye				All sizes		Mercury
Brainerd Dam to Little Falls Dam	White Sucker		All sizes			Mercury
	Bluegill Sunfish		All sizes			Mercury
	Carp			All sizes		Mercury
	Channel Catfish			All sizes		Mercury
	Crappie	All sizes				
Northern Pike		All sizes			Mercury	

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Brainerd Dam to Little Falls Dam	Redhorse Sucker		All sizes			Mercury	
	Smallmouth Bass			All sizes		Mercury	
	Walleye		All sizes			Mercury	
	White Sucker		All sizes			Mercury	
Little Falls Dam to Blanchard Dam	Carp			All sizes		Mercury PCBs	
	Crappie		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	
	Yellow Perch		All sizes			Mercury	
	Blanchard Dam to Sartell Dam	Bluegill Sunfish		All sizes			Mercury
Carp			All sizes			Mercury	
Channel Catfish			All sizes			Mercury	
Crappie			All sizes			Mercury	
Northern Pike			shorter than 20"	20" or longer		Mercury	
Redhorse Sucker				All sizes		Mercury	
Rock Bass				All sizes		Mercury	
Smallmouth Bass				All sizes		Mercury	
Walleye			All sizes			Mercury	
White Sucker			All sizes			Mercury	
Yellow Perch			All sizes			Mercury	
Sartell Dam to St. Cloud Dam		Carp		All sizes			Mercury
		Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury	
	Northern Pike			All sizes		Mercury	
	Redhorse Sucker		All sizes			Mercury	
	Rock Bass			All sizes		Mercury	
	Smallmouth Bass		shorter than 14"	14" or longer		Mercury	
	Walleye		All sizes			Mercury	
	White Sucker		All sizes			Mercury	
	St. Cloud Dam to Coon Rapids Dam	Bluegill Sunfish		All sizes			Mercury
Carp			All sizes			Mercury PCBs	
Channel Catfish			shorter than 23"	23" or longer		Mercury PCBs	
Crappie			All sizes			Mercury	
Northern Pike			All sizes			Mercury	
Redhorse Sucker				All sizes		Mercury	
Smallmouth Bass			shorter than 14"	14" or longer		Mercury	
Sucker				All sizes		Mercury	
Walleye			shorter than 16"	16" or longer		Mercury	
White Sucker				All sizes		Mercury	
Coon Rapids Dam to St. Anthony Falls		Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury PCBs	
	Channel Catfish		shorter than 20"	20" or longer		Mercury	

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MISSISSIPPI R.						
	Coon Rapids Dam to St. Anthony Falls	Largemouth Bass		All sizes		Mercury
		Northern Pike		All sizes		Mercury
		Smallmouth Bass		shorter than 13"	13" or longer	Mercury
St. Anthony Falls to Ford Dam, Pool 1	Walleye			All sizes		Mercury
	Carp		All sizes			Mercury
	Channel Catfish			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
Ford Dam to Hastings Dam, Pool 2	Walleye			All sizes		Mercury
	Bluegill Sunfish		All sizes			MercuryPFOS
	Buffalo		All sizes			PCBs
	Carp			All sizes		Mercury PCBsPFOS
	Channel Catfish		shorter than 22"	22" or longer		Mercury PCBs
	Crappie		All sizes			Mercury PCBsPFOS
	Flathead Catfish			All sizes		Mercury
	Freshwater Drum			All sizes		Mercury PCBsPFOS
	Northern Pike		All sizes			Mercury
	White Bass			All sizes		Mercury PCBsPFOS
Hastings Dam to Red Wing, Pool 3	Bluegill Sunfish		All sizes			Mercury PFOS
	Buffalo			All sizes		Mercury PCBs
	Carp			All sizes		Mercury PCBsPFOS
	Channel Catfish			All sizes		Mercury PCBs
	Crappie		All sizes			Mercury PCBsPFOS
	Flathead Catfish		shorter than 20"	20" or longer		Mercury PCBs
	Freshwater Drum		All sizes			Mercury PCBs
	Largemouth Bass		All sizes			MercuryPFOS
	Northern Pike		All sizes			Mercury PCBsPFOS
	Sauger		All sizes			Mercury PCBsPFOS
	Smallmouth Bass		All sizes			Mercury PCBsPFOS
	Walleye		All sizes			Mercury PCBsPFOS
	White Bass			All sizes		Mercury PCBsPFOS
	Red Wing to Kellogg Dam, Pool 4	Bluegill Sunfish		All sizes		
Buffalo				All sizes		Mercury PCBs
Carp				All sizes		Mercury PCBs
Channel Catfish				All sizes		Mercury PCBs
Crappie			All sizes			MercuryPFOS
Flathead Catfish			shorter than 20"	20" or longer		Mercury PCBs
Freshwater Drum			All sizes			Mercury PCBs
Largemouth Bass			shorter than 14"	14" or longer		Mercury
Northern Pike			All sizes			MercuryPFOS
Sauger			All sizes			Mercury PCBs
Smallmouth Bass			All sizes			Mercury PCBsPFOS
Walleye			All sizes			Mercury PCBsPFOS
White Bass				All sizes		Mercury PCBsPFOS

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<b>MISSISSIPPI R.</b> Kellogg Dam to LaMoille Dam, Pools 5, 5A & 6	Bluegill Sunfish		All sizes			Mercury PFOS	
	Buffalo		All sizes			Mercury PCBs	
	Carp		All sizes			Mercury PCBs	
	Channel Catfish			All sizes		Mercury PCBs	
	Crappie		All sizes			Mercury PFOS	
	Flathead Catfish			All sizes		Mercury PCBs	
	Freshwater Drum		All sizes			Mercury PCBs	
	Largemouth Bass		All sizes			Mercury PFOS	
	Northern Pike		All sizes			Mercury PFOS	
	Sauger		All sizes			Mercury	
	Smallmouth Bass		All sizes			Mercury PCBsPFOS	
	Walleye		All sizes			Mercury PFOS	
	White Bass			All sizes		Mercury PCBsPFOS	
	LaMoille Dam to Reno Dam, Pools 7 & 8	Bluegill Sunfish		All sizes			Mercury
		Buffalo		All sizes			Mercury PCBs
		Carp		All sizes			Mercury PCBs
		Channel Catfish			All sizes		Mercury PCBs
		Crappie		All sizes			Mercury
		Flathead Catfish		shorter than 20"	20" or longer		Mercury PCBs
		Freshwater Drum			All sizes		Mercury PCBs
		Largemouth Bass		All sizes			Mercury
Northern Pike			All sizes			Mercury	
Sauger			All sizes			Mercury	
Smallmouth Bass			shorter than 13"	13" or longer		Mercury	
Walleye			shorter than 23"	23" or longer		Mercury PCBs	
White Bass			All sizes			Mercury PCBs	
Reno Dam to Iowa Border, Pool 9		Bluegill Sunfish		All sizes			Mercury
	Bowfin			shorter than 29"	29" or longer	Mercury	
	Buffalo		All sizes			Mercury	
	Carp			All sizes		Mercury PCBs	
	Channel Catfish		All sizes			Mercury PCBs	
	Crappie		All sizes			Mercury	
	Flathead Catfish			All sizes		Mercury PCBs	
	Freshwater Drum		All sizes			Mercury	
	Largemouth Bass		All sizes			Mercury	
	Northern Pike		All sizes			Mercury	
	Sauger		All sizes			Mercury	
	Smallmouth Bass		shorter than 12"	12" or longer		Mercury	
	Walleye		All sizes			Mercury	
	White Bass		All sizes			Mercury	
	<b>PIGEON R.</b>	Northern Pike			All sizes		Mercury
		Walleye		All sizes			Mercury

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<b>PIPESTONE CR.</b>	Carp			All sizes		Mercury
<b>POMME DE TERRE R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
<b>RAINY R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Crappie		All sizes			Mercury
	Lake Sturgeon		All sizes			Mercury
	Northern Pike		shorter than 17"	17" or longer		Mercury
	Quillback			All sizes		Mercury
	Redhorse Sucker			All sizes		Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			shorter than 25"	25" or longer	Mercury
	White Sucker		All sizes			Mercury
Yellow Perch		All sizes			Mercury	
<b>RAMSEY CR.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brown Trout	All sizes				
	Rainbow Trout	All sizes				
	White Sucker		All sizes			Mercury
<b>RED LAKE R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	above Thief River Falls Dam					
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	below Thief River Falls Dam					
Crappie		All sizes			Mercury	
Smallmouth Bass			All sizes		Mercury	
Walleye			All sizes		Mercury	
<b>RED R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp			All sizes		Mercury
	Channel Catfish			All sizes		Mercury
	Crappie		All sizes			Mercury
	Freshwater Drum			All sizes		Mercury
	Northern Pike			shorter than 30"	30" or longer	Mercury
	Redhorse Sucker			All sizes		Mercury
	Sauger			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, Rivers



## RIVER NAME

Location	Meal Advice					
RIVER NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>REDWOOD R.</b>	Carp		All sizes			Mercury
	Channel Catfish			All sizes		Mercury
	Redhorse Sucker			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>ROCK R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
<b>ROOT R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brown Trout		All sizes			Mercury PCBs
	Carp		All sizes			Mercury PCBs
	Redhorse Sucker		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
<b>ROSEAU R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp			All sizes		Mercury
<b>RUM R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Walleye			All sizes		Mercury
<b>RUM R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp		All sizes			Mercury
<b>RUM R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Walleye			All sizes		Mercury
<b>SAUK R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	above Melrose Dam					
	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Melrose Dam to Cold Spring					
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Cold Spring to St. Cloud					
	Carp		All sizes			Mercury
Smallmouth Bass		All sizes			Mercury	
Walleye		All sizes			Mercury	
White Sucker		All sizes			Mercury	
<b>SEVEN MILE CR.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brown Trout		All sizes			Mercury
<b>SNAKE CR.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brook Trout	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May become Pregnant and Children Under Age 15, Rivers



## RIVER NAME

Location	Meal Advice					
RIVER NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SNAKE R.</b>	Channel Catfish		All sizes			Mercury
	Freshwater Drum		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>SPRING/HINDERMAN CR.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	White Sucker	All sizes				
<b>ST. CROIX R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	above Stillwater	Bluegill Sunfish	All sizes			
		Buffalo			All sizes	Mercury PCBs
		Carp		All sizes		Mercury PCBs
		Channel Catfish			All sizes	Mercury PCBs
		Crappie		All sizes		Mercury
		Freshwater Drum			All sizes	Mercury
		Northern Pike		shorter than 20"	20" or longer	Mercury PCBs
		Redhorse Sucker		All sizes		Mercury
		Rock Bass		All sizes		Mercury
		Sauger			All sizes	Mercury
		Smallmouth Bass			All sizes	Mercury
		Walleye			All sizes	Mercury PCBs
		White Bass			All sizes	PCBs
	Stillwater to Mississippi River	Buffalo		All sizes		Mercury PCBs
		Carp		All sizes		Mercury PCBs
		Channel Catfish		All sizes		Mercury
	Crappie		All sizes		Mercury	
	Northern Pike		All sizes		Mercury	
	Sauger		All sizes		Mercury	
	Smallmouth Bass			All sizes	Mercury	
	Walleye		All sizes		Mercury PCBs	
	White Bass			All sizes	Mercury PCBs/PFOS	

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# Fish Consumption Guidelines for Women Who Are or May become Pregnant and Children Under Age 15, Rivers



## RIVER NAME

Location	Meal Advice					
RIVER NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
ST. LOUIS R.	above Cloquet	Channel Catfish			All sizes	Mercury
		Northern Pike			All sizes	Mercury
		Redhorse Sucker			All sizes	Mercury
		Rock Bass		All sizes		Mercury
		Smallmouth Bass			All sizes	Mercury
		Walleye			All sizes	Mercury
		White Sucker			All sizes	Mercury
	Cloquet to Fond du Lac Dam	Carp			All sizes	Mercury PCBs
		Channel Catfish			All sizes	Mercury PCBs
		Smallmouth Bass			All sizes	Mercury
		Walleye			All sizes	Mercury
		White Sucker			All sizes	Mercury
	Fond du Lac Dam to Lake Superior	Carp			All sizes	Mercury PCBs
		Channel Catfish			All sizes	Mercury PCBs
		Crappie		All sizes		Mercury
		Northern Pike			All sizes	Mercury
		Smallmouth Bass			All sizes	Mercury PCBs
		Sunfish		All sizes		Mercury
		Walleye			shorter than 20"	20" or longer
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
STONEY BROOK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brook Trout	All sizes				
	Brown Trout	All sizes				
STRAIGHT R.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brown Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
STURGEON R.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Mooneye		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye				All sizes	Mercury
SUCKER CR.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	White Sucker		All sizes			Mercury
SWAN R.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			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, Rivers



## RIVER NAME

Location	Meal Advice					
RIVER NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>TAMARACK R.</b>	Northern Pike			All sizes		Mercury
	Sauger			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>TOAD R.</b>	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				
<b>UPPER IOWA R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Crappie			All sizes		Mercury
<b>VERMILION R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>VERMILLION R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp		All sizes			Mercury PCBs
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury PCBs
	White Sucker	All sizes				
<b>WATANWAN R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>WELLS CR.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	White Sucker		All sizes			Mercury
<b>WEST INDIAN CR.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brown Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>WHITEFACE R.</b>	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Channel Catfish			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Smallmouth Bass			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, Rivers



## RIVER NAME

Location	Meal Advice					
RIVER NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WHITEWATER R.</b>	Brown Trout		All sizes			Mercury
	White Sucker			All sizes		Mercury
<b>YELLOW MEDICINE R.</b>	Carp			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>ZUMBRO R.</b>	Bass			All sizes		Mercury
	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury PCBs
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Quillback			All sizes		Mercury PCBs
	Redhorse Sucker		All sizes			Mercury
	Rock Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Bass		All sizes			Mercury
	White Sucker		All sizes			Mercury

### More information:

See Information at:

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

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