

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Rivers

River Name, Location	Meal Advice					
BIG FORK R., Koochiching Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Walleye	-	-	All sizes	-	Mercury	
BLACKHOOF R., Carlton Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Brown Trout	All sizes	-	-	-	Mercury	
CANNON R., Byllesby Res. to Mississippi R.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Carp	-	-	All sizes	-	PCBs	
CEDAR R., above Mill Pond Dam, Austin						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Bullhead	-	All sizes	-	-	Mercury	
CLOQUET R., St. Louis Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Sunfish	All sizes	-	-	-	Mercury	
KETTLE R., Pine Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Channel Catfish	-	-	All sizes	-	Mercury	
LE SUEUR R., Blue Earth Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Carp	-	-	All sizes	-	PCBs	
LEECH LAKE R., Cass Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Yellow Perch	All sizes	-	-	-	Mercury	
LESTER R., St. Louis Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Rainbow Trout	All sizes	-	-	-	Mercury	
MILLER CR., St. Louis Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Brook Trout	-	All sizes	-	-	PFOS	
MINNESOTA R., below Granite Falls						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Flathead Catfish	-	-	35" or longer	-	Mercury	

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MISSISSIPPI R., Lake Itasca to Ottertail Power Dam						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Crappie	-	All sizes	-	-	Mercury	
MISSISSIPPI R., Knutson Dam to Cohasset Dam						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Yellow Perch	All sizes	-	-	-	Mercury	
MISSISSIPPI R., Grand Rapids Dam to Brainerd Dam						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Smallmouth Bass	-	-	All sizes	-	Mercury	
Walleye	-	-	19" or longer	-	Mercury	
MISSISSIPPI R., Little Falls Dam to Blanchard Dam						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Crappie	-	All sizes	-	-	Mercury	
MISSISSIPPI R., Sartell Dam to St. Cloud Dam						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Rock Bass	-	-	All sizes	-	Mercury	
MISSISSIPPI R., St. Cloud Dam to Coon Rapids Dam						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Channel Catfish	-	-	All sizes	-	Mercury PCBs	
MISSISSIPPI R., Ford Dam to Hastings Dam, Pool 2						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Carp	-	-	-	All sizes	PCBsPFOS	
Crappie	-	All sizes	-	-	PFOS	
Flathead Catfish	-	-	All sizes	-	Mercury PCBs	
Freshwater Drum	-	-	All sizes	-	Mercury PFOS	
Sunfish	-	-	All sizes	-	PFOS	
White Bass	-	-	All sizes	-	Mercury PCBs PFOS	
Fish near Lock and Dam No. 2 may have higher levels of PFOS than those in other areas of Pool 2. See MPCA report. Perfluorochemicals in Mississippi River Pool 2: 2012 Update (PDF) (https://www.pca.state.mn.us/sites/default/files/c-pfc1-21.pdf)						
MISSISSIPPI R., Hastings Dam to Red Wing, Pool 3						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Buffalo	-	-	All sizes	-	Mercury PCBs	
Channel Catfish	-	-	All sizes	-	PCBs	
Crappie	-	All sizes	-	-	PFOS	
Sunfish	All sizes	-	-	-	PFOS	

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MISSISSIPPI R., Red Wing to Kellogg Dam, Pool 4					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Buffalo	-	-	All sizes	-	PCBs
Channel Catfish	-	-	All sizes	-	PCBs
Crappie	-	All sizes	-	-	PFOS
Flathead Catfish	-	-	All sizes	-	Mercury PCBs
Sunfish	-	All sizes	-	-	PFOS
White Bass	-	-	All sizes	-	Mercury PCBs PFOS
Yellow Perch	-	All sizes	-	-	Mercury
MISSISSIPPI R., Kellogg Dam to LaMoille Dam, Pools 5, 5A & 6					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	PFOS
Flathead Catfish	-	-	All sizes	-	Mercury PCBs
Sunfish	All sizes	-	-	-	PFOS
White Bass	-	-	All sizes	-	Mercury PCBs
Yellow Perch	All sizes	-	-	-	PFOS
MISSISSIPPI R., LaMoille Dam to Reno Dam, Pools 7 & 8					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Buffalo	-	-	All sizes	-	Mercury PCBs
Flathead Catfish	-	-	All sizes	-	Mercury PCBs
MISSISSIPPI R., Reno Dam to Iowa Border, Pool 9					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	-	All sizes	-	Mercury PCBs
White Bass	-	-	All sizes	-	Mercury PCBs
PARTRIDGE R., St. Louis Co.					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
PRAIRIE R., Itasca Co.					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
RAINY R., Koochiching Co.					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
RALEIGH CR., Washington Co.					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
All species	-	-	-	All sizes	PFOS

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RED LAKE R., below Thief River Falls Dam						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Crappie	-	All sizes	-	-	Mercury	
Sauger	-	-	All sizes	-	Mercury	
RED R.,						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Northern Pike	-	-	All sizes	-	Mercury	
Walleye	-	-	All sizes	-	Mercury	
ROSEAU R., Kittson Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Channel Catfish	-	-	All sizes	-	Mercury	
Walleye	-	-	All sizes	-	Mercury	
SNAKE R., Pine Co.						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Crappie	All sizes	-	-	-	Mercury	
ST. CROIX R., above Stillwater						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
White Bass	-	-	All sizes	-	Mercury PCBs	
ST. CROIX R., Stillwater to Mississippi River						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Buffalo	-	-	All sizes	-	Mercury PCBs	
Channel Catfish	-	-	All sizes	-	PCBs	
ST. LOUIS R., above Cloquet						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Sunfish	All sizes	-	-	-	Mercury	
Yellow Perch	All sizes	-	-	-	Mercury	
ST. LOUIS R., Cloquet to Fond du Lac Dam						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Channel Catfish	-	-	All sizes	-	Mercury	
Yellow Perch	All sizes	-	-	-	Mercury	
ST. LOUIS R., Fond du Lac Dam to Lake Superior						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Carp	-	-	All sizes	-	Mercury PCBs	
Crappie	All sizes	-	-	-	Mercury	
Freshwater Drum	-	-	All sizes	-	Mercury	
Walleye	-	-	22" or longer	-	Mercury	
Yellow Perch	All sizes	-	-	-	Mercury	

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STURGEON R., St. Louis Co.					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
UPPER IOWA R., Mower Co.					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
VERMILION R., St. Louis Co.					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Redhorse Sucker	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
WILD RICE R., Norman Co.					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
ZUMBRO R., Wabasha Co.					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

Notes

R. - River, CR. - Creek

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

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

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

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

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

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

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