

# Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children Under Age 15 - Rivers

River Name, Location		Meal Advice		
CEDAR R., above Mill Pond Dam, Austin				
Species	1 meal / month	Do Not Eat	Contaminants	
Bullhead	All sizes	-	Mercury	
LEECH LAKE R., Cass Co.				
Species	1 meal / month	Do Not Eat	Contaminants	
Yellow Perch	All sizes	-	Mercury	
MISSISSIPPI R., Lake Itasca to Ottertail Power Dam				
Species	1 meal / month	Do Not Eat	Contaminants	
Crappie	All sizes	-	Mercury	
MISSISSIPPI R., Ford Dam to Hastings Dam, Pool 2    Note: Guidelines for Pool 2 are also for Women who are Breastfeeding				
Species	1 meal / month	Do Not Eat	Contaminants	
All species	-	All sizes	Mercury PCBs PFOS	
PARTRIDGE R., St. Louis Co.				
Species	1 meal / month	Do Not Eat	Contaminants	
Yellow Perch	All sizes	-	Mercury	
PRAIRIE R., Itasca Co.				
Species	1 meal / month	Do Not Eat	Contaminants	
Yellow Perch	All sizes	-	Mercury	
RALEIGH CR., Washington Co.				
Species	1 meal / month	Do Not Eat	Contaminants	
All species	-	All sizes	PFOS	
RED R.,				
Species	1 meal / month	Do Not Eat	Contaminants	
Northern Pike	-	30" or longer	Mercury	
Walleye	-	All sizes	Mercury	
ROSEAU R., Kittson Co.				
Species	1 meal / month	Do Not Eat	Contaminants	
Walleye	-	All sizes	Mercury	
ST. LOUIS R., Cloquet to Fond du Lac Dam				
Species	1 meal / month	Do Not Eat	Contaminants	
Yellow Perch	All sizes	-	Mercury	
ST. LOUIS R., Fond du Lac Dam to Lake Superior				
Species	1 meal / month	Do Not Eat	Contaminants	
Crappie	All sizes	-	Mercury	

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River Name, Location		Meal Advice		
STURGEON R., St. Louis Co.				
Species	1 meal / month	Do Not Eat	Contaminants	
Walleye	-	All sizes	Mercury	
UPPER IOWA R., Mower Co.				
Species	1 meal / month	Do Not Eat	Contaminants	
Crappie	All sizes	-	Mercury	

## Notes

R. - River, CR. - Creek

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

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

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

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

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

PFOS - Perfluorooctane sulfonate [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)