

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

River Name, Location	Meal Advice		
<b>CEDAR R., above Mill Pond Dam, Austin</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Bullhead	All sizes	-	Mercury
<b>LEECH LAKE R., Cass Co.</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Yellow Perch	All sizes	-	Mercury
<b>MISSISSIPPI R., Lake Itasca to Ottertail Power Dam</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crappie	All sizes	-	Mercury
<b>MISSISSIPPI R., Ford Dam to Hastings Dam, Pool 2</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Carp	-	All sizes	Mercury PCBsPFOS
Fish near Lock and Dam No. 2 may have higher levels of PFOS than those in other areas of Pool 2. See MPCA report. <a href="https://www.pca.state.mn.us/sites/default/files/c-pfc1-21.pdf">Perfluorochemicals in Mississippi River Pool 2: 2012 Update (PDF) (https://www.pca.state.mn.us/sites/default/files/c-pfc1-21.pdf)</a>			
<b>PARTRIDGE R., St. Louis Co.</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Yellow Perch	All sizes	-	Mercury
<b>PRAIRIE R., Itasca Co.</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Yellow Perch	All sizes	-	Mercury
<b>RALEIGH CR., Washington Co.</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
All species	-	All sizes	PFOS
<b>RED R.,</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Northern Pike	-	30" or longer	Mercury
Walleye	-	All sizes	Mercury
<b>ROSEAU R., Kittson Co.</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Walleye	-	All sizes	Mercury
<b>ST. LOUIS R., Cloquet to Fond du Lac Dam</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Yellow Perch	All sizes	-	Mercury
<b>ST. LOUIS R., Fond du Lac Dam to Lake Superior</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crappie	All sizes	-	Mercury

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<b>STURGEON R., St. Louis Co.</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Walleye	-	All sizes	Mercury
<b>UPPER IOWA R., Mower Co.</b>			
<b>Species</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
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)