

Waterbody Specific Safe-Eating Guidelines-Rivers

**PEOPLE NOT PLANNING TO BECOME PREGNANT, BOYS AND
MEN AGE 15 AND OLDER**

Guidelines for Servings of Fish by Waterbody, County, and Species

(For other waterbodies/species, follow Statewide Safe-Eating Guidelines)

BIG FORK R., KOOCHICHING CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
WALLEYE	-	-	ALL SIZES	-	MERCURY

BLACKHOOF R., CARLTON CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
BROWN TROUT	ALL SIZES	-	-	-	MERCURY

CANNON R., BYLLESBY RESERVOIR TO MISSISSIPPI R.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CARP	-	-	ALL SIZES	-	PCBs

CEDAR R., ABOVE MILL POND DAM, AUSTIN, MOWER CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
BULLHEAD	-	ALL SIZES	-	-	MERCURY

CLOQUET R., ST. LOUIS CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SUNFISH	ALL SIZES	-	-	-	MERCURY

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KETTLE R., PINE CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CHANNEL CATFISH	-	-	ALL SIZES	-	MERCURY

LE SUEUR R., BLUE EARTH CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CARP	-	-	ALL SIZES	-	PCBs

LEECH LAKE R., CASS CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
YELLOW PERCH	ALL SIZES	-	-	-	MERCURY

LESTER., ST. LOUIS CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
RAINBOW TROUT	ALL SIZES	-	-	-	MERCURY

MILLER CR., ST. LOUIS CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
BROOK TROUT	-	ALL SIZES	-	-	PFOS

MINNESOTA R., BELOW GRANITE FALLS TO MISSISSIPPI R.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / 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 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CRAPPIE	-	ALL SIZES	-	-	MERCURY

MISSISSIPPI R., KNUTSON DAM TO COHASSET DAM

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
YELLOW PERCH	ALL SIZES	-	-	-	MERCURY

MISSISSIPPI R., GRAND RAPIDS DAM TO BRAINERD DAM

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / 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 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CRAPPIE	-	ALL SIZES	-	-	MERCURY

MISSISSIPPI R., SARTELL DAM TO ST. CLOUD DAM

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
ROCK BASS	-	-	ALL SIZES	-	MERCURY

MISSISSIPPI R., ST. CLOUD DAM TO COON RAPIDS DAM

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CHANNEL CATFISH	-	-	ALL SIZES	-	MERCURY, PCBs

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MISSISSIPPI R., FORD DAM TO HASTINGS DAM, POOL 2

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PCBs, PFAS (PFOS)

MISSISSIPPI R., HASTINGS DAM TO RED WING DAM, POOL 3

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PCBs, PFAS (PFOS)

MISSISSIPPI R., RED WING DAM TO KELLOGG DAM, POOL 4, INCLUDING LAKE PEPIN

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PCBs, PFAS (PFOS)

MISSISSIPPI R., KELLOGG DAM TO LAMOILLE DAM, POOLS 5, 5A, AND 6

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / 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 AND 8

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
BUFFALO	-	-	ALL SIZES	-	MERCURY, PCBs
FLATHEAD CATFISH	-	-	ALL SIZES	-	MERCURY, PCBs

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MISSISSIPPI R., RENO DAM TO IOWA BORDER, POOL 9

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CARP	-	-	ALL SIZES	-	MERCURY, PCBs
WHITE BASS	-	-	ALL SIZES	-	MERCURY, PCBs

PARTRIDGE R., ST. LOUIS CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SUNFISH	ALL SIZES	-	-	-	MERCURY
YELLOW PERCH	ALL SIZES	-	-	-	MERCURY

PRAIRIE R., ITASCA CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
YELLOW PERCH	-	ALL SIZES	-	-	MERCURY

RAINY R., KOOCHICHING CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CRAPPIE	-	ALL SIZES	-	-	MERCURY

RALEIGH CR., WASHINGTON CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
ALL SPECIES	-	-	-	ALL SIZES	PFAS (PFOS)

RED LAKE R., BELOW THIEF RIVER FALLS DAM TO RED R.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CRAPPIE	-	ALL SIZES	-	-	MERCURY
SAUGER	-	-	ALL SIZES	-	MERCURY

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RED R.,

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
NORTHERN PIKE	-	-	ALL SIZES	-	MERCURY
WALLEYE	-	-	ALL SIZES	-	MERCURY

ROSEAU R., KITTSON CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CHANNEL CATFISH	-	-	ALL SIZES	-	MERCURY
WALLEYE	-	-	ALL SIZES	-	MERCURY

SNAKE R., PINE CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CRAPPIE	ALL SIZES	-	-	-	MERCURY

ST. CROIX R., ABOVE STILLWATER

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
WHITE BASS	-	-	ALL SIZES	-	MERCURY, PCBs

ST. CROIX R., STILLWATER TO MISSISSIPPI R.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
BUFFALO	-	-	ALL SIZES	-	MERCURY, PCBs
CHANNEL CATFISH	-	-	ALL SIZES	-	PCBs

ST. LOUIS R., ABOVE CLOQUET

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SUNFISH	ALL SIZES	-	-	-	MERCURY
YELLOW PERCH	ALL SIZES	-	-	-	MERCURY

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ST. LOUIS R., CLOQUET TO FOND DU LAC DAM

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CHANNEL CATFISH	-	-	ALL SIZES	-	MERCURY
YELLOW PERCH	ALL SIZES	-	-	-	MERCURY

ST. LOUIS R. ESTUARY, FOND DU LAC DAM TO LAKE SUPERIOR

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / 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

STURGEON R., ST. LOUIS CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
WALLEYE	-	-	ALL SIZES	-	MERCURY

UPPER IOWA R., MOWER CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
CRAPPIE	-	ALL SIZES	-	-	MERCURY

VERMILION R., ST. LOUIS CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
REDHORSE SUCKER	-	-	ALL SIZES	-	MERCURY
SMALLMOUTH BASS	-	-	ALL SIZES	-	MERCURY
YELLOW PERCH	-	ALL SIZES	-	-	MERCURY

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VERMILLION R., DOWNSTREAM OF HASTINGS DAM, DAKOTA/ GOODHUE CO. FOLLOWS GUIDELINES FOR MISSISSIPPI R. POOL 3

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PCBs, PFAS (PFOS)

WILD RICE R., NORMAN CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
WALLEYE	-	-	ALL SIZES	-	MERCURY

ZUMBRO R., WABASHA CO.

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / 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/PFAS

[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 [Dioxins \(https://www.health.state.mn.us/communities/environment/hazardous/topics/dioxins.html\)](https://www.health.state.mn.us/communities/environment/hazardous/topics/dioxins.html)

Minnesota Department of Health

Fish Guidelines Program

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9/6/2024

To obtain this information in a different format, call: 651-201-4899.