

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
ALDEN, St. Louis County, DOWID: 69-0131-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
ALPINE, Cook County, DOWID: 16-0759-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	shorter than 22"	22" or longer	Mercury
ALTON, Cook County, DOWID: 16-0622-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	23" or longer	Mercury
ANDREW, Douglas County, DOWID: 21-0085-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
ANDREW, Kandiyohi County, DOWID: 34-0206-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
ANN, Wright County, DOWID: 86-0190-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
ASPEN, Cook County, DOWID: 16-0204-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	35" or longer	Mercury
Yellow Perch	All sizes	-	Mercury
ASPEN, Itasca County, DOWID: 31-0690-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
BALSAM, Lake County, DOWID: 38-0245-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	Mercury
BAN, St. Louis County, DOWID: 69-0742-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Northern Pike	-	24" or longer	Mercury
Sunfish	All sizes	-	Mercury
BASS, Pine County, DOWID: 58-0128-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury

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Lake Name, County, DOWID*	Meal Advice		
BASSWOOD, Lake County, DOWID: 38-0645-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	33" or longer	Mercury
BAVARIA, Carver County, DOWID: 10-0019-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
BDE MAKA SKA, Hennepin County, DOWID: 27-0031-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	PFOS
Sunfish	All sizes	-	PFOS
BEAST, St. Louis County, DOWID: 69-0837-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	shorter than 23"	23" or longer	Mercury
BEAVER HUT, Lake County, DOWID: 38-0737-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	Mercury
BENTON, Lincoln County, DOWID: 41-0043-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
BIG, Carlton County, DOWID: 09-0032-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
BIG BEAR, St. Louis County, DOWID: 69-0113-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
BIG CARNELIAN, Washington County, DOWID: 82-0049-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
BIG MARINE, Washington County, DOWID: 82-0052-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
BIG SPUNK, Stearns County, DOWID: 73-0117-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
BINGSHICK, Cook County, DOWID: 16-0627-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	Mercury

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Lake Name, County, DOWID*	Meal Advice		
BLACKHAWK, Dakota County, DOWID: 19-0059-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
BLANCHE, Otter Tail County, DOWID: 56-0240-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
BLANDIN, Itasca County, DOWID: 31-0533-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
BONE, Lake County, DOWID: 38-0065-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brown Trout	All sizes	-	Mercury
BOOT, Becker County, DOWID: 03-0030-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	29" or longer	Mercury
BRONSON, Kittson County, DOWID: 35-0003-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
Yellow Perch	All sizes	-	Mercury
BROWN, St. Louis County, DOWID: 69-0839-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	23" or longer	Mercury
BRYANT, Hennepin County, DOWID: 27-0067-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
BURANDT, Carver County, DOWID: 10-0084-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Crappie	All sizes	-	Mercury
BURNTSIDE, St. Louis County, DOWID: 69-0118-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	30" or longer	Mercury
Walleye	-	23" or longer	Mercury
BUSH, Hennepin County, DOWID: 27-0047-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury

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Lake Name, County, DOWID*	Meal Advice		
CARLOS, Douglas County, DOWID: 21-0057-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
CEDAR, Hennepin County, DOWID: 27-0039-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury PFOS
CEDAR ISLAND, St. Louis County, DOWID: 69-0568-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
CHESTER, Cook County, DOWID: 16-0033-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brown Trout	All sizes	-	Mercury
CHIPPEWA, Douglas County, DOWID: 21-0145-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
CLARA, Cook County, DOWID: 16-0365-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	25" or longer	Mercury
Yellow Perch	All sizes	-	Mercury
CLOQUET, Lake County, DOWID: 38-0539-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	26" or longer	Mercury
COE, St. Louis County, DOWID: 69-0562-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
Sunfish	All sizes	-	Mercury
Yellow Perch	All sizes	-	Mercury
COFFEE, Lake County, DOWID: 38-0064-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
COLBY, St. Louis County, DOWID: 69-0249-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Sunfish	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
COMFORT, Lake County, DOWID: 38-0290-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury

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Lake Name, County, DOWID*	Meal Advice		
CRAB, St. Louis County, DOWID: 69-0220-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
Smallmouth Bass	-	All sizes	Mercury
CRANE, St. Louis County, DOWID: 69-0616-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Crappie	All sizes	-	Mercury
Northern Pike	-	All sizes	Mercury
Sauger	-	All sizes	Mercury
Walleye	shorter than 15"	15" or longer	Mercury
Yellow Perch	All sizes	-	Mercury
CRELLIN, St. Louis County, DOWID: 69-0459-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
CROOKED, Anoka County, DOWID: 02-0084-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
CROOKED, Itasca County, DOWID: 31-0193-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	32" or longer	Mercury
CROOKED, Lake County, DOWID: 38-0817-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	27" or longer	Mercury
CROSS RIVER, Lake County, DOWID: 38-0002-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
CRUISER, St. Louis County, DOWID: 69-0832-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brown Trout	All sizes	-	Mercury
CRYSTAL, Hennepin County, DOWID: 27-0034-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	PFOS
Sunfish	All sizes	-	Mercury PFOS
DARLING, Douglas County, DOWID: 21-0080-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	21" or longer	Mercury

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Lake Name, County, DOWID*	Meal Advice		
DAY, St. Louis County, DOWID: 69-0906-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
DAYTON HOLLOW RES., Otter Tail County, DOWID: 56-0824-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
DEER YARD, Cook County, DOWID: 16-0253-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	23" or longer	Mercury
DOVRE, St. Louis County, DOWID: 69-0604-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
EAGLE POINT, Washington County, DOWID: 82-0109-00			
Species	1 meal / month	Do Not Eat	Contaminants
All species	-	All sizes	PFOS
EAST, Lake County, DOWID: 38-0020-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	Mercury
Yellow Perch	All sizes	-	Mercury
EAST POPE, Cook County, DOWID: 16-0342-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	26" or longer	Mercury
EAST TWIN, St. Louis County, DOWID: 69-0174-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	27" or longer	Mercury
ED SHAVE, St. Louis County, DOWID: 69-0199-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
ELBOW, Cook County, DOWID: 16-0096-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
ELM ISLAND, Aitkin County, DOWID: 01-0123-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
ELMO, Washington County, DOWID: 82-0106-00			
Species	1 meal / month	Do Not Eat	Contaminants
all species	-	All sizes	Mercury PFOS

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Lake Name, County, DOWID*	Meal Advice		
EMBARRASS, St. Louis County, DOWID: 69-0496-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
ESQUAGAMA, St. Louis County, DOWID: 69-0565-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Northern Pike	-	25" or longer	Mercury
Walleye	shorter than 16"	16" or longer	Mercury
EUGENE, St. Louis County, DOWID: 69-0473-00			
Species	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	All sizes	-	Mercury
EVERGREEN, Hubbard County, DOWID: 29-0227-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
FALL, Lake County, DOWID: 38-0811-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
Yellow Perch	All sizes	-	Mercury
FARM, Lake County, DOWID: 38-0779-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Northern Pike	-	37" or longer	Mercury
FENSKE, St. Louis County, DOWID: 69-0085-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
FISH LAKE FLOWAGE, St. Louis County, DOWID: 69-0491-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	PFOS
FRENCH, Rice County, DOWID: 66-0038-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
GABBRO, Lake County, DOWID: 38-0701-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
GANNON, St. Louis County, DOWID: 69-0819-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	23" or longer	Mercury

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Lake Name, County, DOWID*	Meal Advice		
GARDEN, Lake County, DOWID: 38-0782-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Northern Pike	-	37" or longer	Mercury
GARDEN LAKE RES., Lake County, DOWID: 38-0738-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Northern Pike	-	37" or longer	Mercury
GE-BE-ON-EQUAT, St. Louis County, DOWID: 69-0350-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	shorter than 19"	19" or longer	Mercury
GENEVA, Douglas County, DOWID: 21-0052-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
GEORGE, Kandiyohi County, DOWID: 34-0142-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
GERVAIS, Ramsey County, DOWID: 62-0007-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury PFOS
GLACIER, Aitkin County, DOWID: 01-0042-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
GRASS, Lake County, DOWID: 38-0635-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
GREEN, Kandiyohi County, DOWID: 34-0079-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
GREENWOOD, Cook County, DOWID: 16-0077-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
GREENWOOD, Lake County, DOWID: 38-0656-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	27" or longer	Mercury
Walleye	-	19" or longer	Mercury
Yellow Perch	All sizes	-	Mercury

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Lake Name, County, DOWID*	Meal Advice		
GROUSE, Lake County, DOWID: 38-0557-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
GULL, Cook County, DOWID: 16-0632-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
GUN, St. Louis County, DOWID: 69-0487-00			
Species	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	Mercury
Lake Whitefish	All sizes	-	Mercury
GYPSY, Lake County, DOWID: 38-0665-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	Mercury
HAM, Anoka County, DOWID: 02-0053-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
HAND, Cook County, DOWID: 16-0238-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
HANGING HORN, Carlton County, DOWID: 09-0038-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Walleye	shorter than 16"	16" or longer	Mercury
HANGING KETTLE, Aitkin County, DOWID: 01-0170-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
HARRIET, Hennepin County, DOWID: 27-0016-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury PFOS
Sunfish	All sizes	-	Mercury PFOS
HATTIE, Stevens County, DOWID: 75-0200-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
HERITAGE, St. Louis County, DOWID: 69-0469-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	22" or longer	Mercury

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Lake Name, County, DOWID*	Meal Advice		
HORSESHOE, Washington County, DOWID: 82-0074-00			
Species	1 meal / month	Do Not Eat	Contaminants
All species	-	All sizes	PFOS
HUSTLER, St. Louis County, DOWID: 69-0343-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
IDA, Douglas County, DOWID: 21-0123-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	30" or longer	Mercury
IMA, Lake County, DOWID: 38-0400-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
ISABELLA, Lake County, DOWID: 38-0396-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Northern Pike	-	All sizes	Mercury
Yellow Perch	All sizes	-	Mercury
ISLAND LAKE RES., St. Louis County, DOWID: 69-0372-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
JACK, Lake County, DOWID: 38-0441-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
JANE, Washington County, DOWID: 82-0104-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Northern Pike	-	25" or longer	Mercury
JASPER, Cook County, DOWID: 16-0768-00			
Species	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	All sizes	-	Mercury
JOHANNA, Ramsey County, DOWID: 62-0078-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	PFOS
Sunfish	All sizes	-	Mercury PFOS
JOHNSON, St. Louis County, DOWID: 69-0117-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury

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Lake Name, County, DOWID*	Meal Advice		
JOSEPHINE, Ramsey County, DOWID: 62-0057-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
JOUPPI, Lake County, DOWID: 38-0909-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	Mercury
KABETOGAMA, St. Louis County, DOWID: 69-0845-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
KELLER, Ramsey County, DOWID: 62-0010-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury PFOS
KELSO, Cook County, DOWID: 16-0706-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
KJOSTAD, St. Louis County, DOWID: 69-0748-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Crappie	All sizes	-	Mercury
Walleye	-	21" or longer	Mercury
KORONIS, Stearns County, DOWID: 73-0200-02			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	23" or longer	Mercury
LATOKA, Douglas County, DOWID: 21-0106-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	21" or longer	Mercury
LEWIS, Kanabec County, DOWID: 33-0032-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
LITTLE, St. Louis County, DOWID: 69-0056-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
LITTLE BIRCH, Todd County, DOWID: 77-0089-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury

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Lake Name, County, DOWID*	Meal Advice		
LITTLE CASCADE, Cook County, DOWID: 16-0347-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	27" or longer	Mercury
Yellow Perch	All sizes	-	Mercury
LITTLE CORMORANT, Becker County, DOWID: 03-0506-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
LITTLE MANTRAP, Hubbard County, DOWID: 29-0313-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
LITTLE SAND, St. Louis County, DOWID: 69-0732-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
LITTLE SWAN, Meeker County, DOWID: 47-0025-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
LITTLE SWAN, Todd County, DOWID: 77-0034-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
LITTLE TROUT, St. Louis County, DOWID: 69-0682-00			
Species	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	All sizes	Mercury
Walleye	-	All sizes	Mercury
LITTLE VERMILION, St. Louis County, DOWID: 69-0608-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Northern Pike	-	25" or longer	Mercury
Yellow Perch	All sizes	-	Mercury
LIZZIE, Otter Tail County, DOWID: 56-0760-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
LOCATOR, St. Louis County, DOWID: 69-0936-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
LONG, Aitkin County, DOWID: 01-0089-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	24" or longer	Mercury
Walleye	-	17" or longer	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
LONG, Kandiyohi County, DOWID: 34-0192-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
LONG, St. Louis County, DOWID: 69-0495-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
LONG, St. Louis County, DOWID: 69-0859-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
LONG ISLAND, Cook County, DOWID: 16-0460-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
LONG LOST, Clearwater County, DOWID: 15-0068-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
LONG TOM, Big Stone County, DOWID: 06-0029-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Yellow Perch	All sizes	-	Mercury
LOON, Cass County, DOWID: 11-0226-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
LOON, Cook County, DOWID: 16-0448-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
LOON, St. Louis County, DOWID: 69-0470-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
LOWER COMSTOCK, St. Louis County, DOWID: 69-0412-02			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
LOWER PAUNESS, St. Louis County, DOWID: 69-0464-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
LYNX, St. Louis County, DOWID: 69-0383-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
MASHKENODE, St. Louis County, DOWID: 69-0725-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
MAUD, Becker County, DOWID: 03-0500-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Walleye	-	24" or longer	Mercury
MAUDE, St. Louis County, DOWID: 69-0590-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
Yellow Perch	All sizes	-	Mercury
MEDITATION, Cook County, DOWID: 16-0583-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	Mercury
MILL, Douglas County, DOWID: 21-0180-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
MINA, Douglas County, DOWID: 21-0108-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	20" or longer	Mercury
MINISTER, St. Louis County, DOWID: 69-0065-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
MINNEWASHTA, Carver County, DOWID: 10-0009-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
MINNEWASKA, Pope County, DOWID: 61-0130-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
MINNIE-BELLE, Meeker County, DOWID: 47-0119-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
MOOSE, Lake County, DOWID: 38-0644-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	32" or longer	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
MOOSE, St. Louis County, DOWID: 69-0806-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
MOOSEHEAD, Carlton County, DOWID: 09-0041-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Walleye	-	19" or longer	Mercury
MOULTON, Aitkin County, DOWID: 01-0212-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Crappie	All sizes	-	Mercury
MUDRO, St. Louis County, DOWID: 69-0078-00			
Species	1 meal / month	Do Not Eat	Contaminants
Burbot	-	All sizes	Mercury
Cisco	All sizes	-	Mercury
Northern Pike	-	All sizes	Mercury
MUSKRAT, Becker County, DOWID: 03-0360-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
NELS, St. Louis County, DOWID: 69-0080-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	21" or longer	Mercury
Sunfish	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
NEWTON, Lake County, DOWID: 38-0784-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
NIGH, St. Louis County, DOWID: 69-0457-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	shorter than 17"	17" or longer	Mercury
NINEMILE, Lake County, DOWID: 38-0033-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
NOKAY, Crow Wing County, DOWID: 18-0104-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
NORTH BROWN'S, Stearns County, DOWID: 73-0147-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Crappie	All sizes	-	Mercury
NORTH LIDA, Otter Tail County, DOWID: 56-0747-01			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
NORTH MCDUGAL, Lake County, DOWID: 38-0686-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
NORTH TWIN, St. Louis County, DOWID: 69-0419-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Sunfish	All sizes	-	Mercury
O'BRIEN RES. #4, Itasca County, DOWID: 31-1225-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
OLE, St. Louis County, DOWID: 69-0175-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
Yellow Perch	All sizes	-	Mercury
OLSON, Washington County, DOWID: 82-0103-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
ORCHARD, Dakota County, DOWID: 19-0031-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Largemouth Bass	-	All sizes	Mercury
ORGAN, Lake County, DOWID: 38-0067-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
OSLO, St. Louis County, DOWID: 69-0838-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
OTTO, St. Louis County, DOWID: 69-0144-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
OYSTER, St. Louis County, DOWID: 69-0330-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	25" or longer	Mercury
PAGE, Stevens County, DOWID: 75-0019-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
PAPOOSE, Crow Wing County, DOWID: 18-0206-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
PERENT, Lake County, DOWID: 38-0220-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
Yellow Perch	All sizes	-	Mercury
PHALEN, Ramsey County, DOWID: 62-0013-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
PICKET, St. Louis County, DOWID: 69-0079-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
PIKE, Cook County, DOWID: 16-0252-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
PIKE RIVER FLOWAGE, St. Louis County, DOWID: 69-0580-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
PINE, Aitkin County, DOWID: 01-0001-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	20" or longer	Mercury
PINE, Clearwater County, DOWID: 15-0149-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
PINE, Cook County, DOWID: 16-0194-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	Mercury
PLEASANT, St. Louis County, DOWID: 69-0655-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
PLEASANT, Wright County, DOWID: 86-0251-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
POLLY, Lake County, DOWID: 38-0104-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
POPLAR, Cook County, DOWID: 16-0239-00			
Species	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	All sizes	-	Mercury
PORTAGE, Cass County, DOWID: 11-0476-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	30" or longer	Mercury
POWDERHORN, Hennepin County, DOWID: 27-0014-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
PRAIRIE, Itasca County, DOWID: 31-0384-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Walleye	-	21" or longer	Mercury
RABBIT, Aitkin County, DOWID: 01-0091-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
RABBIT (EAST PORTION), Crow Wing County, DOWID: 18-0093-01			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	30" or longer	Mercury
RAT, Aitkin County, DOWID: 01-0077-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
REBECCA, Dakota County, DOWID: 19-0003-00 <small>Note: Guidelines for Rebecca are also for Women who are Breastfeeding</small>			
Species	1 meal / month	Do Not Eat	Contaminants
All	-	All sizes	PFOS
REITZ, Carver County, DOWID: 10-0052-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
REMOTE, Aitkin County, DOWID: 01-0038-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Crappie	All sizes	-	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
REST AREA POND, Washington County, DOWID: 82-0514-00			
Species	1 meal / month	Do Not Eat	Contaminants
All species	-	All sizes	PFOS
RICE, Itasca County, DOWID: 31-0717-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
ROUND, Aitkin County, DOWID: 01-0023-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
ROUND, Aitkin County, DOWID: 01-0070-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
ROUND, Aitkin County, DOWID: 01-0204-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
ROUND, Hennepin County, DOWID: 27-0071-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
RYAN, St. Louis County, DOWID: 69-0835-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
SABIN, St. Louis County, DOWID: 69-0434-01			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
Sunfish	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
SAGANAGA, Cook County, DOWID: 16-0633-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
SALO, St. Louis County, DOWID: 69-0036-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
Yellow Perch	All sizes	-	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
SAND POINT, St. Louis County, DOWID: 69-0617-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Northern Pike	-	23" or longer	Mercury
Yellow Perch	All sizes	-	Mercury
SANDPIT, Lake County, DOWID: 38-0786-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	25" or longer	Mercury
SECTION TWELVE, Lake County, DOWID: 38-0714-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
SEVEN BEAVER, St. Louis County, DOWID: 69-0002-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
SHANNON, St. Louis County, DOWID: 69-0925-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
SHIPMAN BASS, St. Louis County, DOWID: 69-0168-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
SILVER, Olmsted County, DOWID: 55-0003-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
SILVER, St. Louis County, DOWID: 69-0662-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
SIMLEY, Dakota County, DOWID: 19-0037-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
SINK, Lake County, DOWID: 38-0540-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
SLIM, St. Louis County, DOWID: 69-0181-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
Walleye	-	All sizes	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
SNOWBALL, Itasca County, DOWID: 31-0108-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	26" or longer	Mercury
SOUTH FARM, Lake County, DOWID: 38-0778-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Northern Pike	-	37" or longer	Mercury
SPRING, Meeker County, DOWID: 47-0032-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Sunfish	All sizes	-	Mercury
SPRING, St. Louis County, DOWID: 69-0761-00			
Species	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	All sizes	-	Mercury
Northern Pike	-	All sizes	Mercury
SPURZEM, Hennepin County, DOWID: 27-0149-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
STEAMBOAT, Cass County, DOWID: 11-0504-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
STEIGER, Carver County, DOWID: 10-0045-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Crappie	All sizes	-	Mercury
Sunfish	All sizes	-	Mercury
STEVENS, Cass County, DOWID: 11-0116-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	31" or longer	Mercury
STRAND, St. Louis County, DOWID: 69-0529-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	23" or longer	Mercury
STUART, St. Louis County, DOWID: 69-0205-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	27" or longer	Mercury
Yellow Perch	All sizes	-	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
STUMP, Beltrami County, DOWID: 04-0130-01			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Yellow Perch	All sizes	-	Mercury
SUCKER, Ramsey County, DOWID: 62-0028-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
SWAMPER, Cook County, DOWID: 16-0128-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
Yellow Perch	All sizes	-	Mercury
T, Lake County, DOWID: 38-0066-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
TAKUCMICH, St. Louis County, DOWID: 69-0369-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Lake Trout	-	All sizes	Mercury
Northern Pike	-	All sizes	Mercury
TAMARACK, Carlton County, DOWID: 09-0067-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	27" or longer	Mercury
TAMARACK, Pine County, DOWID: 58-0024-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
TANNERS, Washington County, DOWID: 82-0115-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury PFOS
TARTAN POND, Washington County, DOWID: 82-0417-00			
Species	1 meal / month	Do Not Eat	Contaminants
All species	-	All sizes	PFOS
TEE, St. Louis County, DOWID: 69-0083-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
THRASHER, Cook County, DOWID: 16-0192-00			
Species	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
TOOTH, St. Louis County, DOWID: 69-0756-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	Mercury
TRILLIUM, Cass County, DOWID: 11-0270-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
TROUT, Cook County, DOWID: 16-0049-00			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Yellow Perch	All sizes	-	Mercury
TROUT, St. Louis County, DOWID: 69-0498-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	36" or longer	Mercury
TWO, Lake County, DOWID: 38-0608-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	32" or longer	Mercury
UNION, Wright County, DOWID: 86-0298-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Crappie	All sizes	-	Mercury
Walleye	-	All sizes	Mercury
UPPER COMSTOCK, St. Louis County, DOWID: 69-0412-01			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Sunfish	All sizes	-	Mercury
Walleye	-	17" or longer	Mercury
Yellow Perch	All sizes	-	Mercury
UPPER PAUNESS, St. Louis County, DOWID: 69-0465-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
VALLEY (unnamed), Dakota County, DOWID: 19-0348-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
VILLARD, Pope County, DOWID: 61-0067-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
VIRGINIA, St. Louis County, DOWID: 69-0663-00			
Species	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	37" or longer	Mercury
VISTA, Cook County, DOWID: 16-0224-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
WACONIA, Carver County, DOWID: 10-0059-00			
Species	1 meal / month	Do Not Eat	Contaminants
Muskellunge	-	All sizes	Mercury
WAKEFIELD, Aitkin County, DOWID: 01-0036-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
WEAVER, Hennepin County, DOWID: 27-0117-00			
Species	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	Mercury
Crappie	All sizes	-	Mercury
WEST LAKELAND PONDS, Washington County, DOWID:			
Species	1 meal / month	Do Not Eat	Contaminants
All species	-	All sizes	PFOS
WEST STURGEON, St. Louis County, DOWID: 69-0939-03			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
WHITE IRON, St. Louis County, DOWID: 69-0004-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Northern Pike	-	33" or longer	Mercury
Walleye	-	23" or longer	Mercury
Yellow Perch	All sizes	-	Mercury
WHITEFACE RES., St. Louis County, DOWID: 69-0375-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
WHITEWATER, St. Louis County, DOWID: 69-0376-00			
Species	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	Mercury
WILD RICE, St. Louis County, DOWID: 69-0371-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	PFOS
Sunfish	All sizes	-	PFOS

Fish Consumption Guidelines for Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15 - Lakes

Lake Name, County, DOWID*	Meal Advice		
WILSON, Lake County, DOWID: 38-0047-00			
Species	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	Mercury
WINDY, Lake County, DOWID: 38-0068-00			
Species	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	All sizes	-	Mercury
Northern Pike	-	28" or longer	Mercury
WINSTED, McLeod County, DOWID: 43-0012-00			
Species	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	Mercury
WOLF, St. Louis County, DOWID: 69-0143-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
Walleye	-	21" or longer	Mercury
WYE, Lake County, DOWID: 38-0042-00			
Species	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	Mercury
WYNNE, St. Louis County, DOWID: 69-0434-02			
Species	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	Mercury
Northern Pike	-	All sizes	Mercury
Sunfish	All sizes	-	Mercury
Walleye	-	All sizes	Mercury

Notes

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)

* DOWID - Division of Waters' lake ID number, MN Department of Natural Resources