

# Waterbody Specific Safe-Eating Guidelines-Rivers

**PEOPLE WHO ARE OR MAY BECOME PREGNANT, AND PEOPLE WHO ARE BREASTFEEDING OR PLAN TO BREASTFEED, AND CHILDREN UNDER AGE 15**

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

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

### **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

### **LEECH LAKE R., CASS CO.**

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

### **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., FORD DAM TO HASTINGS DAM, POOL 2 NOTE: GUIDELINES ARE ALSO FOR PEOPLE BREASTFEEDING**

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

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**MISSISSIPPI R., HASTINGS DAM TO RED WING DAM, POOL 3 NOTE: GUIDELINES ARE ALSO FOR PEOPLE BREASTFEEDING**

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 NOTE: GUIDELINES ARE ALSO FOR PEOPLE BREASTFEEDING**

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

**PARTRIDGE R., ST. LOUIS CO.**

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
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

**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 R.,**

SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
NORTHERN PIKE	-	-	-	30" OR LONGER	MERCURY
WALLEYE	-	-	-	ALL SIZES	MERCURY

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**ROSEAU R., KITTSON CO.**

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

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

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

**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)

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## 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 \(https://www.health.state.mn.us/communities/environment/fish/index.html#guideline\)](https://www.health.state.mn.us/communities/environment/fish/index.html#guideline)

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

651-201-4911

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[www.health.state.mn.us](http://www.health.state.mn.us)

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*To obtain this information in a different format, call: 651-204-4899.*