

**Men, Boys Age 15 and Over, and Women Not Planning to Become Pregnant
STATEWIDE SAFE-EATING GUIDELINES**

Every week eat some of these fish!

4 SERVINGS per week* of these fish

Minnesota caught fish

- Bullhead
- Crappie
- Inland trout (brook, brown, rainbow)
- Lake Herring (Cisco)
- Lake whitefish
- Sunfish (such as Bluegill)
- Yellow perch

OR

1 SERVING of any of these fish

Minnesota caught fish

- Bass
- Catfish
- Northern pike
- Walleye
- Other Minnesota species not listed

*previously unrestricted

And, 1 SERVING each month of any of these fish

Purchased fish

- Swordfish
- Shark
- King mackerel
- Tilefish