

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
AARON, Douglas County, DOWID: 21-0242-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
ADAMS, Lake County, DOWID: 38-0153-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 28"	28" or longer	-	Mercury
AGATE, Cass County, DOWID: 11-0216-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
AGNES, Douglas County, DOWID: 21-0053-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
AGNES, St. Louis County, DOWID: 69-0830-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
AITKIN, Aitkin County, DOWID: 01-0040-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
ALDEN, St. Louis County, DOWID: 69-0131-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
ALIMAGNET, Dakota County, DOWID: 19-0021-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	PFOS
ALPINE, Cook County, DOWID: 16-0759-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 20"	20" or longer	-	Mercury
ALTON, Cook County, DOWID: 16-0622-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 20"	20" or longer	-	Mercury
AMBER, Lake County, DOWID: 38-0336-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
ANDREW, Douglas County, DOWID: 21-0085-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury

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Lake Name, County, DOWID*	Meal Advice				
ANDREW, Kandiyohi County, DOWID: 34-0206-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
ANN, Wright County, DOWID: 86-0190-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
ASH, St. Louis County, DOWID: 69-0864-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
ASPEN, Cook County, DOWID: 16-0204-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 28"	28" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
ASPEN, Itasca County, DOWID: 31-0690-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
ASTRID, St. Louis County, DOWID: 69-0589-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 15"	15" or longer	-	Mercury
AUGUST, Lake County, DOWID: 38-0691-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 28"	28" or longer	-	Mercury
AUTO, St. Louis County, DOWID: 69-0731-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
BAD MEDICINE, Becker County, DOWID: 03-0085-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
BALL BLUFF, Aitkin County, DOWID: 01-0046-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
BALSAM, Lake County, DOWID: 38-0245-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

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Lake Name, County, DOWID*	Meal Advice				
BAN, St. Louis County, DOWID: 69-0742-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
BASS, Pine County, DOWID: 58-0128-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
BASSETT, St. Louis County, DOWID: 69-0041-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 22"	22" or longer	-	Mercury
BASSWOOD, Lake County, DOWID: 38-0645-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 26"	26" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
BATTLE CREEK, Washington County, DOWID: 82-0091-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	PFOS
BAVARIA, Carver County, DOWID: 10-0019-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Northern Pike	-	shorter than 30"	30" or longer	-	Mercury
BDE MAKA SKA, Hennepin County, DOWID: 27-0031-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	PFOS
Largemouth Bass	-	-	All sizes	-	Mercury PFOS
Northern Pike	-	-	All sizes	-	Mercury PFOS
Sunfish	-	-	All sizes	-	PFOS
Walleye	-	-	All sizes	-	Mercury PFOS
Yellow Perch	-	All sizes	-	-	PFOS
BEAR ISLAND, St. Louis County, DOWID: 69-0115-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 32"	32" or longer	-	Mercury
BEARSKIN, Cook County, DOWID: 16-0228-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Smelt	All sizes	-	-	-	Mercury

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Lake Name, County, DOWID*	Meal Advice				
BEAST, St. Louis County, DOWID: 69-0837-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
BEAVER HUT, Lake County, DOWID: 38-0737-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Splake	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury
BENEDICT, Hubbard County, DOWID: 29-0048-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 21"	21" or longer	-	Mercury
BENNETT, Ramsey County, DOWID: 62-0048-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS
Sunfish	All sizes	-	-	-	PFOS
BENTON, Lincoln County, DOWID: 41-0043-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	shorter than 21"	21" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
BIG, Carlton County, DOWID: 09-0032-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	shorter than 21"	21" or longer	-	Mercury
BIG, St. Louis County, DOWID: 69-0190-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
BIG, Sherburne County, DOWID: 71-0082-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
BIG, Stearns County, DOWID: 73-0159-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	shorter than 21"	21" or longer	-	Mercury
BIG BASS, Beltrami County, DOWID: 04-0132-02					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury

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Lake Name, County, DOWID*	Meal Advice				
BIG BEAR, St. Louis County, DOWID: 69-0113-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
BIG CARNELIAN, Washington County, DOWID: 82-0049-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
BIG MARINE, Washington County, DOWID: 82-0052-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	shorter than 21"	21" or longer	-	Mercury
BIG PINE, Pine County, DOWID: 58-0138-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 20"	20" or longer	-	Mercury
BIG SPUNK, Stearns County, DOWID: 73-0117-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Walleye	-	shorter than 23"	23" or longer	-	Mercury
BIG STONE NWR WEST POOL, Lac Qui Parle County, DOWID: 37-0356-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
BIG TROUT, Crow Wing County, DOWID: 18-0315-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
BIG WATAB, Stearns County, DOWID: 73-0102-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
BINGSHICK, Cook County, DOWID: 16-0627-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury
BIRCH, St. Louis County, DOWID: 69-0003-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Walleye	-	shorter than 22"	22" or longer	-	Mercury
BIRD, St. Louis County, DOWID: 69-0987-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury

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Lake Name, County, DOWID*	Meal Advice				
BLACK ISLAND, Itasca County, DOWID: 31-0416-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
BLACKHAWK, Dakota County, DOWID: 19-0059-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
BLANCHE, Otter Tail County, DOWID: 56-0240-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
BLANDIN, Itasca County, DOWID: 31-0533-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
BONE, Lake County, DOWID: 38-0065-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brown Trout	-	All sizes	-	-	Mercury
BOOT, Becker County, DOWID: 03-0030-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
Walleye	-	shorter than 20"	20" or longer	-	Mercury
BORDEN, Crow Wing County, DOWID: 18-0020-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
BOULDER, St. Louis County, DOWID: 69-0373-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
BRONSON, Kittson County, DOWID: 35-0003-00					
Species	2 meals / week	1 meal / week	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	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury

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Lake Name, County, DOWID*	Meal Advice				
BRULE, Cook County, DOWID: 16-0348-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
BRYANT, Hennepin County, DOWID: 27-0067-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
BUCHANAN, Otter Tail County, DOWID: 56-0209-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
BUNNY, Lake County, DOWID: 38-0293-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
BURANDT, Carver County, DOWID: 10-0084-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
BURNTSIDE, St. Louis County, DOWID: 69-0118-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 25"	25" or longer	-	Mercury
Walleye	-	shorter than 18"	18" or longer	-	Mercury
BUSH, Hennepin County, DOWID: 27-0047-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
BUTTON BOX, Itasca County, DOWID: 31-0175-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
CALHOUN, Kandiyohi County, DOWID: 34-0062-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
CARIBOU, Itasca County, DOWID: 31-0620-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

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Lake Name, County, DOWID*	Meal Advice				
CARLOS, Douglas County, DOWID: 21-0057-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
CEDAR, Hennepin County, DOWID: 27-0039-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury PFOS
Northern Pike	-	shorter than 30"	30" or longer	-	Mercury PFOS
Sunfish	All sizes	-	-	-	PFOS
Walleye	-	shorter than 21"	21" or longer	-	Mercury PFOS
CEDAR, Morrison County, DOWID: 49-0140-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
CEDAR ISLAND, St. Louis County, DOWID: 69-0568-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
CHESTER, Cook County, DOWID: 16-0033-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brown Trout	-	All sizes	-	-	Mercury
CHIPPEWA, Douglas County, DOWID: 21-0145-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
CHRISTIANSON, Lake County, DOWID: 38-0750-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
CLARA, Cook County, DOWID: 16-0365-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 21"	21" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
CLEAR, Otter Tail County, DOWID: 56-0559-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

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Lake Name, County, DOWID*	Meal Advice					
CLEAR, Washington County, DOWID: 82-0163-00						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Bullhead	All sizes	-	-	-	Mercury	
Northern Pike	-	-	All sizes	-	Mercury PFOS	
Sunfish	-	All sizes	-	-	PFOS	
Walleye	-	-	All sizes	-	Mercury PFOS	
CLEARWATER, Cook County, DOWID: 16-0139-00						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Cisco	-	All sizes	-	-	Mercury	
CLEARWATER, Wright County, DOWID: 86-0252-00						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Largemouth Bass	-	shorter than 15"	15" or longer	-	Mercury	
Northern Pike	-	-	All sizes	-	Mercury	
Walleye	-	-	All sizes	-	Mercury	
CLEARY, Scott County, DOWID: 70-0022-00						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Sunfish	-	All sizes	-	-	Mercury	
CLITHERALL, Otter Tail County, DOWID: 56-0238-00						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Bullhead	All sizes	-	-	-	Mercury	
CLOQUET, Lake County, DOWID: 38-0539-00						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury	
Walleye	-	shorter than 20"	20" or longer	-	Mercury	
Yellow Perch	All sizes	-	-	-	Mercury	
COBBLESTONE, Dakota County, DOWID: 19-0456-00						
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Sunfish	All sizes	-	-	-	Mercury	
COE, St. Louis County, DOWID: 69-0562-00						
Species	2 meals / week	1 meal / week	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	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
Walleye	-	-	All sizes	-	Mercury	
Yellow Perch	All sizes	-	-	-	Mercury	

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Lake Name, County, DOWID*	Meal Advice				
COLBY, St. Louis County, DOWID: 69-0249-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
COLBY, Washington County, DOWID: 82-0094-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
COMFORT, Lake County, DOWID: 38-0290-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
COMO, Ramsey County, DOWID: 62-0055-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	PFOS
CRAB, St. Louis County, DOWID: 69-0220-00					
Species	2 meals / week	1 meal / week	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	2 meals / week	1 meal / week	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 12"	12" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
CRELLIN, St. Louis County, DOWID: 69-0459-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
CROOKED, Anoka County, DOWID: 02-0084-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
CROOKED, Itasca County, DOWID: 31-0193-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	shorter than 15"	15" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
CROOKED, Lake County, DOWID: 38-0024-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
CROOKED, Lake County, DOWID: 38-0817-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	shorter than 18"	18" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
CROSS, Carlton County, DOWID: 09-0062-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
CROSS, Pine County, DOWID: 58-0119-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
CROSS RIVER, Lake County, DOWID: 38-0002-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
CRUISER, St. Louis County, DOWID: 69-0832-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brown Trout	-	All sizes	-	-	Mercury
CRYSTAL, Cass County, DOWID: 11-0502-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
CRYSTAL, Hennepin County, DOWID: 27-0034-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	PFOS
Sunfish	-	-	All sizes	-	PFOS
Yellow Perch	-	All sizes	-	-	PFOS
CRYSTAL, Otter Tail County, DOWID: 56-0749-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
DAM, Aitkin County, DOWID: 01-0096-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
DARLING, Douglas County, DOWID: 21-0080-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 17"	17" or longer	-	Mercury
DAVIS, Cook County, DOWID: 16-0435-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
DAY, St. Louis County, DOWID: 69-0906-00					
Species	2 meals / week	1 meal / week	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	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	-	All sizes	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
DEEP, Lake County, DOWID: 38-0668-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
DEER YARD, Cook County, DOWID: 16-0253-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 19"	19" or longer	-	Mercury
DEL CLARK, Yellow Medicine County, DOWID: 87-0180-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
DEMONTREVILLE, Washington County, DOWID: 82-0101-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	PFOS
Sunfish	-	All sizes	-	-	PFOS
DOVRE, St. Louis County, DOWID: 69-0604-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
DUNCAN, Cook County, DOWID: 16-0232-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	shorter than 27"	27" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
EAGLE, Blue Earth County, DOWID: 07-0060-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
EAGLE, Carver County, DOWID: 10-0121-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
EAGLE POINT, Washington County, DOWID: 82-0109-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
All species	-	-	-	All sizes	PFOS
EAST, Lake County, DOWID: 38-0020-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
EAST BEARSKIN, Cook County, DOWID: 16-0146-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 19"	19" or longer	-	Mercury
EAST CHUB, Lake County, DOWID: 38-0674-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
EAST CROOKED, Hubbard County, DOWID: 29-0101-01					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
EAST LOON, Otter Tail County, DOWID: 56-0523-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
EAST POPE, Cook County, DOWID: 16-0342-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
EAST TWIN, St. Louis County, DOWID: 69-0174-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
ECHO, St. Louis County, DOWID: 69-0615-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	shorter than 20"	20" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
ED SHAVE, St. Louis County, DOWID: 69-0199-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
EDDY, Carlton County, DOWID: 09-0039-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
EDEN, Stearns County, DOWID: 73-0150-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	shorter than 21"	21" or longer	-	Mercury
EDWARD, Crow Wing County, DOWID: 18-0305-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
EIGHTEEN, Lake County, DOWID: 38-0432-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
ELBOW, Becker County, DOWID: 03-0159-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 23"	23" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
ELBOW, Cook County, DOWID: 16-0096-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 21"	21" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
ELBOW, Cook County, DOWID: 16-0805-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 18"	18" or longer	-	Mercury
ELBOW, St. Louis County, DOWID: 69-0717-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
ELBOW, St. Louis County, DOWID: 69-0744-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 19"	19" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
ELEVENTH CROW WING, Hubbard County, DOWID: 29-0036-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Walleye	-	shorter than 25"	25" or longer	-	Mercury
ELM ISLAND, Aitkin County, DOWID: 01-0123-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
ELMO, Washington County, DOWID: 82-0106-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
All species	-	-	-	All sizes	Mercury PFOS
EMBARRASS, St. Louis County, DOWID: 69-0496-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
ESQUAGAMA, St. Louis County, DOWID: 69-0565-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
EUGENE, St. Louis County, DOWID: 69-0473-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
EVERGREEN, Hubbard County, DOWID: 29-0227-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
FALL, Lake County, DOWID: 38-0811-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
FARM, Lake County, DOWID: 38-0779-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	shorter than 22"	22" or longer	-	Mercury
FENSKE, St. Louis County, DOWID: 69-0085-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
FISH, Dakota County, DOWID: 19-0057-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury PFOS
Northern Pike	-	-	All sizes	-	Mercury PFOS
Sunfish	-	All sizes	-	-	Mercury PFOS
FISH LAKE FLOWAGE, St. Louis County, DOWID: 69-0491-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	PFOS
Sunfish	-	All sizes	-	-	PFOS
FISHMOUTH, St. Louis County, DOWID: 69-0834-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
FLAT HORN, Lake County, DOWID: 38-0568-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
FLORIDA, Kandiyohi County, DOWID: 34-0217-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
FORSYTHE, Itasca County, DOWID: 31-0560-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
FOURTOWN, Lake County, DOWID: 38-0813-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
FOX, Rice County, DOWID: 66-0029-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
FRANCIS, Meeker County, DOWID: 47-0002-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
FRENCH, Rice County, DOWID: 66-0038-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
GABBRO, Lake County, DOWID: 38-0701-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
GANDER, Lake County, DOWID: 38-0554-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
GANNON, St. Louis County, DOWID: 69-0819-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 19"	19" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
GARDEN, Lake County, DOWID: 38-0782-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	shorter than 22"	22" or longer	-	Mercury
GARDEN LAKE RES., Lake County, DOWID: 38-0738-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	shorter than 22"	22" or longer	-	Mercury
GE-BE-ON-EQUAT, St. Louis County, DOWID: 69-0350-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
GEGOKA, Lake County, DOWID: 38-0573-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
GENEVA, Douglas County, DOWID: 21-0052-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
GEORGE, Anoka County, DOWID: 02-0091-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
GEORGE, Blue Earth County, DOWID: 07-0047-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
GEORGE, Kandiyohi County, DOWID: 34-0142-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 30"	30" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
GERVAIS, Ramsey County, DOWID: 62-0007-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury PFOS
Sunfish	-	All sizes	-	-	PFOS
Walleye	-	-	All sizes	-	Mercury
GLACIER, Aitkin County, DOWID: 01-0042-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
GOLDEN, Anoka County, DOWID: 02-0045-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
GOLDENEYE, Lake County, DOWID: 38-0029-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	-	-	Mercury
GOOSE, Washington County, DOWID: 82-0059-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 28"	28" or longer	-	Mercury
GORMAN, Le Sueur County, DOWID: 40-0032-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
GRASS, Lake County, DOWID: 38-0635-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
GRASSY, St. Louis County, DOWID: 69-0082-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
GREEN, Kandiyohi County, DOWID: 34-0079-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 28"	28" or longer	-	Mercury
Walleye	-	shorter than 20"	20" or longer	-	Mercury
GREENSTONE, Lake County, DOWID: 38-0718-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 28"	28" or longer	-	Mercury
GREENWOOD, Cook County, DOWID: 16-0077-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
GREENWOOD, Lake County, DOWID: 38-0656-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
GRINDSTONE, Pine County, DOWID: 58-0123-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Smelt	All sizes	-	-	-	Mercury
GROUSE, Lake County, DOWID: 38-0557-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
GROVE, Pope County, DOWID: 61-0023-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
GULL, Cook County, DOWID: 16-0632-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
GUN, Aitkin County, DOWID: 01-0099-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 20"	20" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
GUN, St. Louis County, DOWID: 69-0487-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
Lake Whitefish	-	All sizes	-	-	Mercury
GUN CLUB, Dakota County, DOWID: 19-0078-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
GUNFLINT, Cook County, DOWID: 16-0356-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	shorter than 24"	24" or longer	-	Mercury
Walleye	-	shorter than 24"	24" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
GYPSY, Lake County, DOWID: 38-0665-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	All sizes	-	-	-	Mercury
HAFFTEN, Hennepin County, DOWID: 27-0199-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
HALF MOON, Hennepin County, DOWID: 27-0152-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
HAM, Anoka County, DOWID: 02-0053-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
HAND, Cook County, DOWID: 16-0238-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
HANGING HORN, Carlton County, DOWID: 09-0038-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 13"	13" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
HANGING KETTLE, Aitkin County, DOWID: 01-0170-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
HANSON, Lake County, DOWID: 38-0206-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
HARRIET, Hennepin County, DOWID: 27-0016-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury PFOS
Largemouth Bass	-	-	All sizes	-	Mercury PFOS
Northern Pike	-	-	All sizes	-	PFOS
Sunfish	-	-	All sizes	-	Mercury PFOS
Walleye	-	-	All sizes	-	Mercury PFOS
Yellow Perch	-	All sizes	-	-	PFOS
HARRIS, Lake County, DOWID: 38-0736-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
HATTIE, Stevens County, DOWID: 75-0200-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
HERITAGE, St. Louis County, DOWID: 69-0469-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 17"	17" or longer	-	Mercury
HIAWATHA, Hennepin County, DOWID: 27-0018-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS
HOMER, Cook County, DOWID: 16-0406-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
HORSEHEAD, Itasca County, DOWID: 31-0047-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
HORSESHOE, Chisago County, DOWID: 13-0073-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
HORSESHOE, Crow Wing County, DOWID: 18-0251-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
HORSESHOE, Washington County, DOWID: 82-0074-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
All species	-	-	-	All sizes	PFOS
HOWARD, Wright County, DOWID: 86-0199-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
HUSTLER, St. Louis County, DOWID: 69-0343-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
IDA, Douglas County, DOWID: 21-0123-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Northern Pike	-	shorter than 26"	26" or longer	-	Mercury
IMA, Lake County, DOWID: 38-0400-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Walleye	-	shorter than 22"	22" or longer	-	Mercury
INSULA, Lake County, DOWID: 38-0397-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 21"	21" or longer	-	Mercury
ISABELLA, Lake County, DOWID: 38-0396-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
ISLAND, Ramsey County, DOWID: 62-0075-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 19"	19" or longer	-	Mercury
ISLAND LAKE RES., St. Louis County, DOWID: 69-0372-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
JACK, Lake County, DOWID: 38-0441-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
JANE, Washington County, DOWID: 82-0104-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
JASPER, Cook County, DOWID: 16-0768-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
JEANETTE, St. Louis County, DOWID: 69-0456-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 30"	30" or longer	-	Mercury
JEWETT, Otter Tail County, DOWID: 56-0877-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
JOHANNA, Ramsey County, DOWID: 62-0078-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	PFOS
Largemouth Bass	-	-	All sizes	-	PFOS
Northern Pike	-	-	All sizes	-	Mercury PFOS
Sunfish	-	-	All sizes	-	PFOS
Walleye	-	-	All sizes	-	PFOS
JOHNSON, St. Louis County, DOWID: 69-0117-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
JOHNSON, St. Louis County, DOWID: 69-0691-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
JOSEPHINE, Ramsey County, DOWID: 62-0057-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Sunfish	All sizes	-	-	-	PFOS
JOUPPI, Lake County, DOWID: 38-0909-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury
JUNO, Cook County, DOWID: 16-0402-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 19"	19" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
KABEKONA, Hubbard County, DOWID: 29-0075-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
KABETOGAMA, St. Louis County, DOWID: 69-0845-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
KAWISHIWI, Lake County, DOWID: 38-0080-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 23"	23" or longer	-	Mercury
KELLER, Ramsey County, DOWID: 62-0010-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury PFOS
Sunfish	All sizes	-	-	-	Mercury PFOS
KELSO, Cook County, DOWID: 16-0706-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
KINOGAMI, Cook County, DOWID: 16-0378-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
KJOSTAD, St. Louis County, DOWID: 69-0748-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
KORONIS, Stearns County, DOWID: 73-0200-02					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 30"	30" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
KOWALSKI, Lake County, DOWID: 38-0016-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
KROON, Chisago County, DOWID: 13-0013-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
LAC LA CROIX, St. Louis County, DOWID: 69-0224-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	shorter than 20"	20" or longer	-	Mercury
LAC LAVON, Dakota County, DOWID: 19-0446-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
LAKE OF THE ISLES, Hennepin County, DOWID: 27-0040-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS
Sunfish	-	All sizes	-	-	PFOS
LATOKA, Douglas County, DOWID: 21-0106-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
LAWRENCE, Cass County, DOWID: 11-0053-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
Walleye	-	shorter than 20"	20" or longer	-	Mercury
LAWRENCE, Itasca County, DOWID: 31-0231-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
LAX, Lake County, DOWID: 38-0406-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LEANDER, St. Louis County, DOWID: 69-0796-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
LEIF, Becker County, DOWID: 03-0575-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LEMAY, Dakota County, DOWID: 19-0055-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	PFOS

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
LEWIS, Kanabec County, DOWID: 33-0032-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
LINKA, Pope County, DOWID: 61-0037-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
LITTLE, St. Louis County, DOWID: 69-0056-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LITTLE BIRCH, Todd County, DOWID: 77-0089-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
LITTLE CASCADE, Cook County, DOWID: 16-0347-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
LITTLE CORMORANT, Becker County, DOWID: 03-0506-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
LITTLE FLOYD, Becker County, DOWID: 03-0386-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
LITTLE LONG, Hennepin County, DOWID: 27-0179-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
LITTLE LOON, St. Louis County, DOWID: 69-0484-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
LITTLE MANTRAP, Hubbard County, DOWID: 29-0313-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
LITTLE SAGANAGA, Cook County, DOWID: 16-0809-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
LITTLE SAND, St. Louis County, DOWID: 69-0732-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
LITTLE SANDY, St. Louis County, DOWID: 69-0729-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
LITTLE SWAN, Meeker County, DOWID: 47-0025-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
LITTLE SWAN, Todd County, DOWID: 77-0034-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
LITTLE TROUT, St. Louis County, DOWID: 69-0682-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LITTLE VERMILION, St. Louis County, DOWID: 69-0608-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Sauger	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
LITTLE WAVERLY, Wright County, DOWID: 86-0106-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
LIZZIE, Otter Tail County, DOWID: 56-0760-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
LOCATOR, St. Louis County, DOWID: 69-0936-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
LOFT, Cook County, DOWID: 16-0031-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
LOITEN, St. Louis County, DOWID: 69-0872-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	shorter than 14"	14" or longer	-	Mercury
LONG, Aitkin County, DOWID: 01-0089-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LONG, Becker County, DOWID: 03-0383-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	-	-	Mercury
LONG, Big Stone County, DOWID: 06-0020-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
LONG, Hubbard County, DOWID: 29-0161-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 22"	22" or longer	-	Mercury
LONG, Itasca County, DOWID: 31-0570-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
LONG, Kandiyohi County, DOWID: 34-0192-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
LONG, Otter Tail County, DOWID: 56-0784-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 21"	21" or longer	-	Mercury
LONG, St. Louis County, DOWID: 69-0495-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LONG, St. Louis County, DOWID: 69-0859-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LONG, Stearns County, DOWID: 73-0139-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
LONG, Todd County, DOWID: 77-0027-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
LONG ISLAND, Cook County, DOWID: 16-0460-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
LONG LOST, Clearwater County, DOWID: 15-0068-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LONG TOM, Big Stone County, DOWID: 06-0029-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
LOON, Cass County, DOWID: 11-0226-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
LOON, Cook County, DOWID: 16-0448-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
LOON, St. Louis County, DOWID: 69-0470-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LOWER COMSTOCK, St. Louis County, DOWID: 69-0412-02					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
LOWER PAUNESS, St. Louis County, DOWID: 69-0464-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
LOWER TWIN, Wadena County, DOWID: 80-0030-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
LUCKY, Itasca County, DOWID: 31-0603-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brown Trout	-	All sizes	-	-	Mercury
LYNX, St. Louis County, DOWID: 69-0383-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	shorter than 12"	12" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
MANTRAP, Hubbard County, DOWID: 29-0151-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
MAPLE, Douglas County, DOWID: 21-0079-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
MARSH, Cook County, DOWID: 16-0488-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
MARTIN, Anoka County, DOWID: 02-0034-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
MARY, Douglas County, DOWID: 21-0092-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
MARY, Wright County, DOWID: 86-0156-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
MARY, Wright County, DOWID: 86-0193-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
MASHKENODE, St. Louis County, DOWID: 69-0725-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
MAUD, Becker County, DOWID: 03-0500-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
MAUDE, St. Louis County, DOWID: 69-0590-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
MCCARRON, Ramsey County, DOWID: 62-0054-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury PFOS
Sunfish	-	All sizes	-	-	PFOS
MCDONALD, Cook County, DOWID: 16-0235-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
MCDONOUGH, Dakota County, DOWID: 19-0076-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
MEDITATION, Cook County, DOWID: 16-0583-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury
MELISSA, Becker County, DOWID: 03-0475-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
MILL, Douglas County, DOWID: 21-0180-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
MINA, Douglas County, DOWID: 21-0108-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
MINISTER, St. Louis County, DOWID: 69-0065-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
MINNEWASHTA, Carver County, DOWID: 10-0009-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
MINNEWASKA, Pope County, DOWID: 61-0130-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
MINNIE-BELLE, Meeker County, DOWID: 47-0119-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
MIT, Cook County, DOWID: 16-0193-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury
MITCHELL, Hennepin County, DOWID: 27-0070-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
MITCHELL, Sherburne County, DOWID: 71-0081-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
MOORE, Cook County, DOWID: 16-0489-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
MOOSE, Koochiching County, DOWID: 36-0008-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
MOOSE, Lake County, DOWID: 38-0644-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
MOOSE, St. Louis County, DOWID: 69-0806-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
MOOSEHEAD, Carlton County, DOWID: 09-0041-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
MOSES, Douglas County, DOWID: 21-0245-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
MOULTON, Aitkin County, DOWID: 01-0212-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
Largemouth Bass	-	shorter than 14"	14" or longer	-	Mercury
Northern Pike	-	shorter than 25"	25" or longer	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	shorter than 15"	15" or longer	-	Mercury
MUCKWA, St. Louis County, DOWID: 69-0159-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
MUDRO, St. Louis County, DOWID: 69-0078-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Burbot	-	-	All sizes	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
MUKOODA, St. Louis County, DOWID: 69-0684-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 21"	21" or longer	-	Mercury
MUSKRAT, Becker County, DOWID: 03-0360-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
NAMAKAN, St. Louis County, DOWID: 69-0693-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sauger	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
NELS, St. Louis County, DOWID: 69-0080-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
NEWTON, Lake County, DOWID: 38-0784-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
NIGH, St. Louis County, DOWID: 69-0457-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 13"	13" or longer	-	Mercury
NINEMILE, Lake County, DOWID: 38-0033-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 23"	23" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
NOKAY, Crow Wing County, DOWID: 18-0104-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
NORTH BROWN'S, Stearns County, DOWID: 73-0147-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
NORTH LIDA, Otter Tail County, DOWID: 56-0747-01					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
NORTH MCDOUGAL, Lake County, DOWID: 38-0686-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
NORTH TWIN, St. Louis County, DOWID: 69-0419-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
NORTHERN LIGHT, Cook County, DOWID: 16-0089-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
NOSE, Itasca County, DOWID: 31-0417-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
O'BRIEN RES. #4, Itasca County, DOWID: 31-1225-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
OGISHKEMUNCIE, Lake County, DOWID: 38-0180-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 20"	20" or longer	-	Mercury
OJIBWAY, Lake County, DOWID: 38-0640-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
OLAF, Otter Tail County, DOWID: 56-0950-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
OLE, St. Louis County, DOWID: 69-0175-00					
Species	2 meals / week	1 meal / week	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	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
ONE, Lake County, DOWID: 38-0605-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 25"	25" or longer	-	Mercury
ORCHARD, Dakota County, DOWID: 19-0031-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
ORGAN, Lake County, DOWID: 38-0067-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
ORINIACK, St. Louis County, DOWID: 69-0587-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
OSAKIS, Todd County, DOWID: 77-0215-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 21"	21" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
OSIER, Lake County, DOWID: 38-0420-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
OSLO, St. Louis County, DOWID: 69-0838-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
OTTER, Cook County, DOWID: 16-0032-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
OTTERTRACK, Lake County, DOWID: 38-0211-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
OTTO, St. Louis County, DOWID: 69-0144-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
OYSTER, St. Louis County, DOWID: 69-0330-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
PAGE, Stevens County, DOWID: 75-0019-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
PAPOOSE, Crow Wing County, DOWID: 18-0206-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
PARENT, Lake County, DOWID: 38-0526-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 23"	23" or longer	-	Mercury
PAULINE, St. Louis County, DOWID: 69-0588-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
PEBBLE, Otter Tail County, DOWID: 56-0829-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 19"	19" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
PELICAN, Grant County, DOWID: 26-0002-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
PELICAN, Otter Tail County, DOWID: 56-0786-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
PELICAN, Pope County, DOWID: 61-0111-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
PELICAN, St. Louis County, DOWID: 69-0841-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
PELTIER, Anoka County, DOWID: 02-0004-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	PFOS
PERENT, Lake County, DOWID: 38-0220-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
PHALEN, Ramsey County, DOWID: 62-0013-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury PFOS
Sunfish	-	All sizes	-	-	PFOS
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
PICKEREL, Lake County, DOWID: 38-0741-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 23"	23" or longer	-	Mercury
PICKET, St. Louis County, DOWID: 69-0079-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
PIERSONS, Carver County, DOWID: 10-0053-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
PIKE, Cook County, DOWID: 16-0252-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
PIKE RIVER FLOWAGE, St. Louis County, DOWID: 69-0580-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
White Sucker	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
PINE, Aitkin County, DOWID: 01-0001-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 17"	17" or longer	-	Mercury
PINE, Clearwater County, DOWID: 15-0149-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
PINE, Cook County, DOWID: 16-0041-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 25"	25" or longer	-	Mercury
PINE, Cook County, DOWID: 16-0194-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury
PIT, Cook County, DOWID: 16-0155-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
PLEASANT, St. Louis County, DOWID: 69-0655-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
PLEASANT, Wright County, DOWID: 86-0251-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
POLLY, Lake County, DOWID: 38-0104-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 16"	16" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
POPLAR, Cook County, DOWID: 16-0239-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
PORTAGE, Cass County, DOWID: 11-0476-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
POWDERHORN, Hennepin County, DOWID: 27-0014-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
POWERS, Washington County, DOWID: 82-0092-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS
Northern Pike	-	-	All sizes	-	Mercury PFOS
Sunfish	-	All sizes	-	-	Mercury PFOS
Yellow Perch	-	All sizes	-	-	PFOS
PRAIRIE, Itasca County, DOWID: 31-0384-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	shorter than 26"	26" or longer	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
PRAIRIE, Otter Tail County, DOWID: 56-0915-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
PULASKI, Wright County, DOWID: 86-0053-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
QUARTERLINE, St. Louis County, DOWID: 69-0869-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 18"	18" or longer	-	Mercury
RABBIT, Aitkin County, DOWID: 01-0091-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
RABBIT, Crow Wing County, DOWID: 18-0093-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 23"	23" or longer	-	Mercury
RABBIT (EAST PORTION), Crow Wing County, DOWID: 18-0093-01					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
RAINY, St. Louis County, DOWID: 69-0694-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	shorter than 28"	28" or longer	-	Mercury
Sauger	-	-	All sizes	-	Mercury
Walleye	-	shorter than 20"	20" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
RAT, Aitkin County, DOWID: 01-0077-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
RAVINE, Washington County, DOWID: 82-0087-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS
Sunfish	All sizes	-	-	-	PFOS
REBECCA, Dakota County, DOWID: 19-0003-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	PFOS
Largemouth Bass	-	-	All sizes	-	PFOS
Sunfish	-	-	All sizes	-	PFOS
RED (UPPER RED), Beltrami County, DOWID: 04-0035-01					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
RED ROCK, Cook County, DOWID: 16-0793-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
RED ROCK, Hennepin County, DOWID: 27-0076-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS
REDWOOD, Redwood County, DOWID: 64-0058-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
REITZ, Carver County, DOWID: 10-0052-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
REMOTE, Aitkin County, DOWID: 01-0038-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
REST AREA POND, Washington County, DOWID: 82-0514-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
All species	-	-	-	All sizes	PFOS
RICE, Itasca County, DOWID: 31-0717-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
RICE, Stearns County, DOWID: 73-0196-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
ROCK, Aitkin County, DOWID: 01-0072-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
ROGERS, Dakota County, DOWID: 19-0080-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
ROSE, Cook County, DOWID: 16-0230-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
ROSE, Otter Tail County, DOWID: 56-0360-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
ROUND, Aitkin County, DOWID: 01-0023-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
ROUND, Aitkin County, DOWID: 01-0070-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
ROUND, Aitkin County, DOWID: 01-0137-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
ROUND, Aitkin County, DOWID: 01-0204-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
ROUND, Hennepin County, DOWID: 27-0071-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
RUSH, Cook County, DOWID: 16-0299-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
RYAN, St. Louis County, DOWID: 69-0835-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
SABIN, St. Louis County, DOWID: 69-0434-01					
Species	2 meals / week	1 meal / week	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	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
SALO, St. Louis County, DOWID: 69-0036-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
SAND, Lake County, DOWID: 38-0735-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
SAND, Pine County, DOWID: 58-0081-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*

Meal Advice

SAND POINT, St. Louis County, DOWID: 69-0617-00

Species	2 meals / week	1 meal / week	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	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SANDPIT, Lake County, DOWID: 38-0786-00

Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SEA GULL, Cook County, DOWID: 16-0629-00

Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 30"	30" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SEBIE, Crow Wing County, DOWID: 18-0161-00

Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury

SECTION 29, Lake County, DOWID: 38-0292-00

Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 25"	25" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury

SECTION TWELVE, Lake County, DOWID: 38-0714-00

Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	-	-	Mercury
Sunfish	All sizes	-	-	-	Mercury

SEVEN BEAVER, St. Louis County, DOWID: 69-0002-00

Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury

SHANNON, St. Louis County, DOWID: 69-0925-00

Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

SHIELDS, Rice County, DOWID: 66-0055-00

Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
SHIPMAN BASS, St. Louis County, DOWID: 69-0168-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
SILVER, Olmsted County, DOWID: 55-0003-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	PFOS
Yellow Perch	-	All sizes	-	-	Mercury
SILVER, St. Louis County, DOWID: 69-0662-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
SILVER, Wright County, DOWID: 86-0140-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
SILVER ISLAND, Lake County, DOWID: 38-0219-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
SIMLEY, Dakota County, DOWID: 19-0037-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
SINK, Lake County, DOWID: 38-0540-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
SLATE, Lake County, DOWID: 38-0666-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
SLIM, St. Louis County, DOWID: 69-0181-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
SMITH, Douglas County, DOWID: 21-0016-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 24"	24" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
SNELLING, Hennepin County, DOWID: 27-0001-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	PFOS
SNIDER, Mahnommen County, DOWID: 44-0045-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
SNOWBALL, Itasca County, DOWID: 31-0108-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
SOUTH FARM, Lake County, DOWID: 38-0778-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	shorter than 22"	22" or longer	-	Mercury
SOUTH MCDUGAL, Lake County, DOWID: 38-0659-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
SOUTH TURTLE, Otter Tail County, DOWID: 56-0377-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
SPIDER, Hubbard County, DOWID: 29-0117-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
SPLIT ROCK RES., Pipestone County, DOWID: 59-0001-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
SPRING, Anoka County, DOWID: 02-0071-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	PFOS
SPRING, Meeker County, DOWID: 47-0032-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
SPRING, St. Louis County, DOWID: 69-0761-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
Lake Whitefish	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
SPURZEM, Hennepin County, DOWID: 27-0149-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Sunfish	All sizes	-	-	-	PFOS
STARING, Hennepin County, DOWID: 27-0078-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	PFOS
STEAMBOAT, Cass County, DOWID: 11-0504-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
STEIGER, Carver County, DOWID: 10-0045-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
STELLA, Meeker County, DOWID: 47-0068-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
STEVENS, Cass County, DOWID: 11-0116-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
STRAND, St. Louis County, DOWID: 69-0529-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 19"	19" or longer	-	Mercury
STUART, St. Louis County, DOWID: 69-0205-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 19"	19" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
STUMP, Beltrami County, DOWID: 04-0130-01					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
STURGEON, Pine County, DOWID: 58-0067-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
STURGEON, St. Louis County, DOWID: 69-0939-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 21"	21" or longer	-	Mercury
STURGEON, St. Louis County, DOWID: 69-0939-01					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
SUCKER, Ramsey County, DOWID: 62-0028-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
SWAMPER, Cook County, DOWID: 16-0128-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
SWAN, Itasca County, DOWID: 31-0067-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
T, Lake County, DOWID: 38-0066-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
TAKUCMICH, St. Louis County, DOWID: 69-0369-00					
Species	2 meals / week	1 meal / week	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	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
TAMARACK, Pine County, DOWID: 58-0024-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
TANNERS, Washington County, DOWID: 82-0115-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS
Largemouth Bass	-	-	All sizes	-	Mercury PFOS
Sunfish	-	-	All sizes	-	Mercury PFOS
TARTAN POND, Washington County, DOWID: 82-0417-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
All species	-	-	-	All sizes	PFOS
TEE, St. Louis County, DOWID: 69-0083-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
TEN MILE, Cass County, DOWID: 11-0413-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
THIRTEEN, Cass County, DOWID: 11-0488-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
THOMAS, Lake County, DOWID: 38-0351-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
THRASHER, Cook County, DOWID: 16-0192-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury
THREE, Lake County, DOWID: 38-0600-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
THUNDERBIRD, Lake County, DOWID: 38-0031-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 22"	22" or longer	-	Mercury
TOOTH, St. Louis County, DOWID: 69-0756-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
TRIANGLE, Lake County, DOWID: 38-0715-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 36"	36" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
TRILLIUM, Cass County, DOWID: 11-0270-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
TROUT, Cook County, DOWID: 16-0049-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
TROUT, Itasca County, DOWID: 31-0216-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
TROUT, St. Louis County, DOWID: 69-0498-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
TWIN, Hennepin County, DOWID: 27-0042-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	PFOS
Largemouth Bass	-	-	All sizes	-	PFOS
Sunfish	-	All sizes	-	-	PFOS
TWO, Lake County, DOWID: 38-0608-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
TWO DEER, Lake County, DOWID: 38-0671-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
TWO RIVERS, Stearns County, DOWID: 73-0138-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
UNION, Wright County, DOWID: 86-0298-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
Channel Catfish	-	-	All sizes	-	Mercury
Crappie	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
UNNAMED(JACKSON), Washington County, DOWID: 82-0305-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
UPPER COMSTOCK, St. Louis County, DOWID: 69-0412-01					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	shorter than 13"	13" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
UPPER CONE, Cook County, DOWID: 16-0412-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
UPPER DEAN, Crow Wing County, DOWID: 18-0170-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
UPPER PAUNESS, St. Louis County, DOWID: 69-0465-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
UPPER PINE, Pine County, DOWID: 58-0130-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
UPPER SAKATAH, Le Sueur County, DOWID: 40-0002-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
VALLEY (unnamed), Dakota County, DOWID: 19-0348-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
VICTORIA, Douglas County, DOWID: 21-0054-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
VILLARD, Pope County, DOWID: 61-0067-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
VIRGINIA, St. Louis County, DOWID: 69-0663-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
VISTA, Cook County, DOWID: 16-0224-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
VOLNEY, Le Sueur County, DOWID: 40-0033-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
WACONIA, Carver County, DOWID: 10-0059-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Muskellunge	-	-	All sizes	-	Mercury
Walleye	-	shorter than 22"	22" or longer	-	Mercury
WAKEFIELD, Aitkin County, DOWID: 01-0036-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
WAMPUS, Cook County, DOWID: 16-0196-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
WAR CLUB, St. Louis County, DOWID: 69-0937-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
WASHINGTON, Meeker County, DOWID: 47-0046-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
WAUKENABO, Aitkin County, DOWID: 01-0136-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	Mercury
WAVERLY, Wright County, DOWID: 86-0114-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
WEAVER, Hennepin County, DOWID: 27-0117-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	Mercury
Sunfish	All sizes	-	-	-	Mercury
WENCH, Cook County, DOWID: 16-0398-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
WEST LAKELAND PONDS, Washington County, DOWID:					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
All species	-	-	-	All sizes	PFOS
WEST POPE, Cook County, DOWID: 16-0341-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury
WEST STURGEON, St. Louis County, DOWID: 69-0939-03					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
WEST TWO RIVERS RES., St. Louis County, DOWID: 69-0994-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
WHITE IRON, St. Louis County, DOWID: 69-0004-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 26"	26" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
WHITEFACE RES., St. Louis County, DOWID: 69-0375-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury
WHITEFISH, Lake County, DOWID: 38-0060-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
WHITEWATER, St. Louis County, DOWID: 69-0376-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
WILD RICE, St. Louis County, DOWID: 69-0371-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	PFOS
Northern Pike	-	-	All sizes	-	Mercury PFOS
Sunfish	-	-	All sizes	-	PFOS
Walleye	-	-	All sizes	-	Mercury PFOS

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
WILLOW RESERVOIR 6A, Olmsted County, DOWID: 55-0021-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
WILSON, Lake County, DOWID: 38-0047-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	All sizes	-	-	-	Mercury
WINCHELL, Cook County, DOWID: 16-0354-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
WINCHESTER, St. Louis County, DOWID: 69-0690-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury
WINDY, Lake County, DOWID: 38-0068-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	All sizes	-	-	-	Mercury
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	Mercury
WINONA, Douglas County, DOWID: 21-0081-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	PFOS
WINSTED, McLeod County, DOWID: 43-0012-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
WIRTH, Hennepin County, DOWID: 27-0037-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
WOLF, Itasca County, DOWID: 31-0152-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 29"	29" or longer	-	Mercury
WOLF, St. Louis County, DOWID: 69-0143-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury

Fish Consumption Guidelines for Men, Boys Age 15 and Over, and Women Not Planning to be Pregnant - Lakes

Lake Name, County, DOWID*	Meal Advice				
WOLF, St. Louis County, DOWID: 69-0582-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	All sizes	-	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
WYE, Lake County, DOWID: 38-0042-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	Mercury
WYNNE, St. Louis County, DOWID: 69-0434-02					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
ZUMBRO, Olmsted County, DOWID: 55-0004-00					
Species	2 meals / week	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	PFOS

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