

Pregnant Women, Women Who Could Become Pregnant, and Children under Age 15

FISH CONSUMPTION GUIDELINES FOR LAKE SUPERIOR

Fish Species	4 meals per week	2 meals per week	1 meal per week	1 meal per month	Do not eat
Brown Trout			All Sizes		
Chinook Salmon			All Sizes		
Cisco (Lake Herring)		All Sizes			
Coho Salmon		All Sizes			
Lake Trout				All Sizes	
Lake Whitefish		All Sizes			
Pink Salmon	All Sizes				
Rainbow Trout		All Sizes			
Siscowet Lake Trout				All Sizes	
Smelt				All Sizes	

Minnesota Department of Health
 Fish Guidelines Program
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To obtain this information in a different format, call 651-201-4911.