

# Minnesota Fish Consumption Guidance Updates Summary

## Slide 1: Minnesota Fish Consumption Guidance Updates



The slide content includes the Clean Water Land & Legacy Amendment logo with the text "YOUR Clean Water Fund AT WORK" and a photograph of two children fishing at a body of water.

### Minnesota Fish Consumption Guidance Updates

MDH Fish Consumption Guidance Program | 8 April 2026

**mn** DEPARTMENT OF HEALTH health.state.mn.us

### Slide Text and Image Description

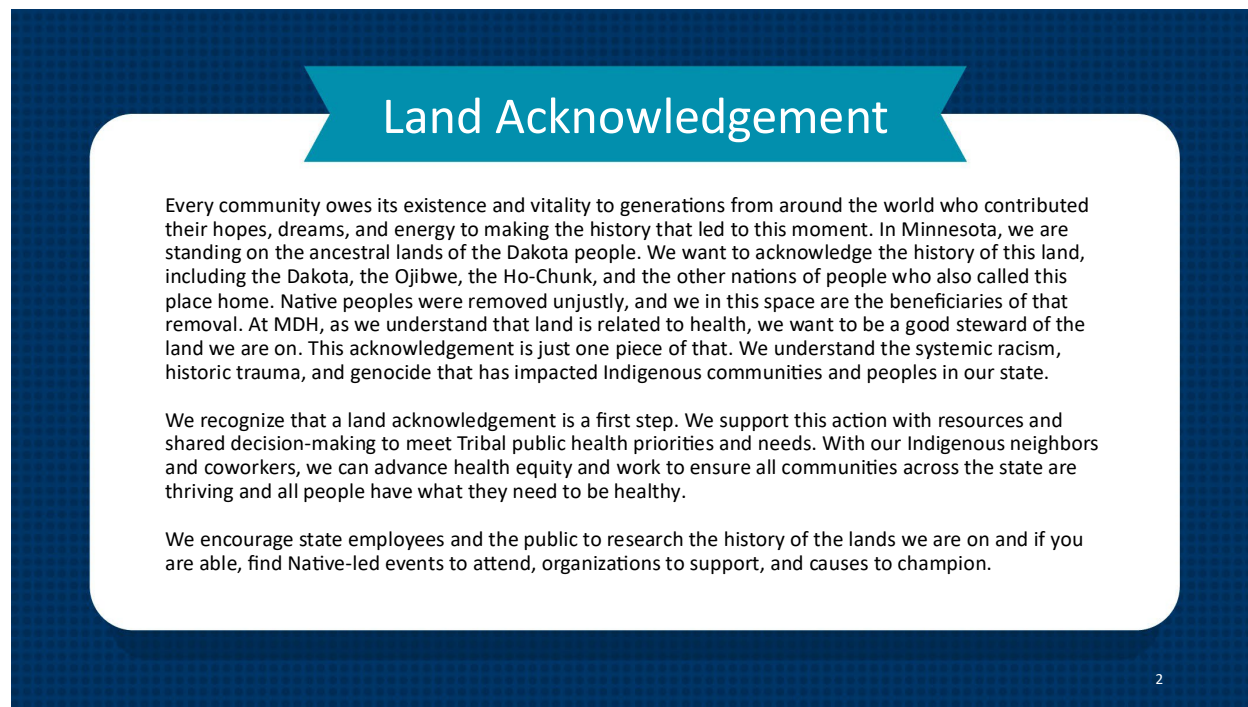
[Image: Clean Water Land and Legacy Amendment logo. Your Clean Water Fund at Work.]

[Image: Two children holding a fishing pole at a body of water.]

[Image: Minnesota Department of Health (MDH) logo.]

MDH Fish Consumption Guidance Program | 8 April 2026

## Slide 2: Land Acknowledgement



### Slide Text and Image Description

Every community owes its existence and vitality to generations from around the world who contributed their hopes, dreams, and energy to making the history that led to this moment. In Minnesota, we are standing on the ancestral lands of the Dakota people. We want to acknowledge the history of this land, including the Dakota, the Ojibwe, the Ho-Chunk, and the other nations of people who also called this place home. Native peoples were removed unjustly, and we in this space are the beneficiaries of that removal. At MDH, as we understand that land is related to health, we want to be a good steward of the land we are on. This acknowledgement is just one piece of that. We understand the systemic racism, historic trauma, and genocide that has impacted Indigenous communities and peoples in our state.

We recognize that a land acknowledgement is a first step. We support this action with resources and shared decision-making to meet Tribal public health priorities and needs. With our Indigenous neighbors and coworkers, we can advance health equity and work to ensure all communities across the state are thriving and all people have what they need to be healthy.

We encourage state employees and the public to research the history of the lands we are on and if you are able, find Native-led events to attend, organizations to support, and causes to champion.

## Slide 3: Tribal-State Relations Acknowledgment Statement

### Tribal-State Relations Acknowledgment Statement

The State of Minnesota is home to 11 federally recognized Indian Tribes with elected Tribal government officials. The State of Minnesota acknowledges and supports the unique political status of Tribal Nations across Minnesota and their absolute right to existence, self-governance, and self-determination. This unique relationship with federally recognized Indian Tribes is cemented by the Constitution of the United States, treaties, statutes, case law, and agreements. The State of Minnesota and Tribal governments across Minnesota significantly benefit from working together, learning from one another, and partnering where possible.

Minnesota Department of Health recognizes, values, and celebrates the vibrant and unique relationships between the 11 Tribal Nations and the State of Minnesota. Partnerships formed through government-to-government relationships with these Tribes will effectively address health disparities and lead to better health outcomes for all of Minnesota.

**MDH's Fish Consumption Guidance Program prioritizes outreach to Tribal Nations and Communities when changing guidelines.**

**In our work, we demonstrate our commitment to Tribal-State relations in the following ways:**

- **Regular collaboration with the Great Lakes Indian Fish and Wildlife Commission (GLIFWC).**
- **Data and knowledge sharing on fish contaminants and health risks when invited by Tribal Nations and Communities.**

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### Slide Text and Image Description

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## Slide 4: Agenda

Agenda	
3:00 – 3:10 p.m.	Welcome and Fish Consumption Guidance Overview
3:10 – 3:30 p.m.	Updated Guidance
3:30 – 4:00 p.m.	Question + Answer

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### Slide Text and Image Description

3:00 – 3:10 p.m.	Welcome and Fish Consumption Guidance Overview
3:10 – 3:30 p.m.	Updated Guidance
3:30 – 4:00 p.m.	Question + Answer

## Slide 5: Tips for using PowerPoint Live from your computer

### Tips for using PowerPoint Live from your computer



Go back to revisit information on a slide we presented.



Advance slides and move ahead in the presentation.



Click on underlined weblinks to go directly to the website.

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### Slide Text and Image Description

[Icon: an arrow pointing to the left]: **Go back to revisit information on a slide we presented.**

[Icon: an arrow pointing to the right]: **Advance slides and move ahead in the presentation.**

[Icon: a computer screen with an internet link symbol]: **Click on underlined weblinks to go directly to the website.**

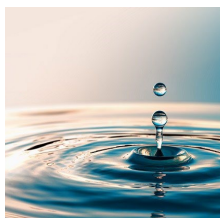
Link: [Health Risk Assessment - MN Dept. of Health](https://www.health.state.mn.us/communities/environment/risk/index.html)  
(<https://www.health.state.mn.us/communities/environment/risk/index.html>)

## Slide 6: Health Risk Assessment Unit

### Health Risk Assessment Unit



#### Contaminants of Emerging Concern (CEC) Initiative



#### Health Risk Limits Program



#### Fish Consumption Guidance

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### Slide Text and Image Description

[Image: Clean Water Land and Legacy Amendment logo. Your Clean Water Fund at Work.] [Contaminants of Emerging Concern \(CEC\) Initiative](#)

[Image: water droplet.] [Health Risk Limits Program](#)

[Image: plate of cooked fish and tomatoes.] [Fish Consumption Guidance](#)

Links: [Contaminants of Emerging Concern \(CEC\) Protecting Minnesota's Water Resources - MN Dept. of Health \(https://www.health.state.mn.us/communities/environment/risk/guidance/dwec/index.html\)](https://www.health.state.mn.us/communities/environment/risk/guidance/dwec/index.html)

[Health Risk Limits Program - MN Dept. of Health \(https://www.health.state.mn.us/communities/environment/risk/guidance/hrlprogram.html\)](https://www.health.state.mn.us/communities/environment/risk/guidance/hrlprogram.html)

[Fish Consumption Guidance - MN Dept. of Health \(https://www.health.state.mn.us/communities/environment/fish/index.html\)](https://www.health.state.mn.us/communities/environment/fish/index.html)

### Summary

We're the Health Risk Assessment Unit at MDH. We have three programs in our unit. We have our Contaminants of Emerging Concern Initiative, which is funded by the Clean Water, Land, and Legacy Amendment, and we have the Health Risk Limits Program. With both of these programs, we create water guidance for contaminants found in drinking water.

We also have our fish consumption guidance program, and new this year is that the Clean Water, Land and Legacy Amendment are funding two of our positions. So, we thank Minnesotans, and we thank the Land and Legacy Amendment for supporting these positions.

## Slide 7: March 2026 Updated Fish Consumption Guidance



### March 2026 Updated Fish Consumption Guidance

Angela Preimesberger | Fish Consumption Guidance Program Lead

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

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### Slide Text and Image Description

[Image: Minnesota Department of Health logo.]

[Image: a hand drawing fish with chalk. A group of white fish facing left. A single larger yellow fish facing right.]

Angela Preimesberger | Fish Consumption Guidance Program Lead

## Slide 8: There are many benefits to eating fish

A close-up photograph of a hand holding a silver fishing reel. The reel is the central focus, with its handle and spool clearly visible. The background is a soft, out-of-focus sunset or sunrise over a body of water, with a warm orange and yellow glow. The overall mood is peaceful and recreational.

There are many benefits to eating fish

- Fish are an important part of a nutritious, well-balanced diet
- Fish are part of many Minnesotan traditions and cultures
- Fish consumption guidance provides Minnesotans with the information they need to make informed choices

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### Slide Text and Image Description

[Image: a hand holding a fishing reel.]

- Fish are an important part of a nutritious, well-balanced diet
- Fish are part of many Minnesotan traditions and cultures
- Fish consumption guidance provides Minnesotans with the information they need to make informed choices

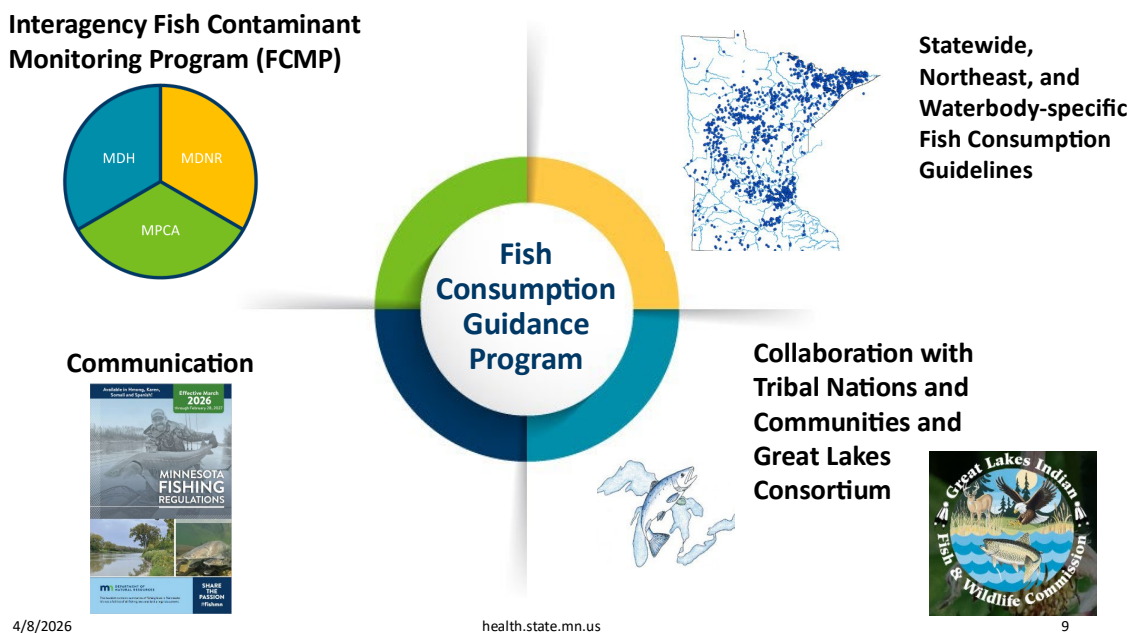
### Summary

Fish provide important nutrients and protein that's low in saturated fat and are different in that way from other animal proteins.

All these things are a part of people's health.

We also strive at the Minnesota Department of Health to recognize health equity for all Minnesotans, where all communities are thriving and all people have what they need to be healthy, and that is a guiding principle for our work.

## Slide 9: Fish Consumption Guidance Program



### Slide Text and Image Description

[Image: pie chart equally split with MDH, MDNR, and MPCA.]

#### Interagency Fish Contaminant Monitoring Program (FCMP)

[Image: state of Minnesota with rivers highlighted light blue and locations fish have been sampled highlighted dark blue.]

#### Statewide, Northeast, and Waterbody-specific Fish Consumption Guidelines

[Image: Minnesota Fishing Regulations booklet.]

#### Communication

[Image: Great Lakes Consortium for Fish Consumption Advisories fish logo.]

[Image: Great Lake Indian Fish and Wildlife Commission logo.]

#### Collaboration with Tribal Nations and Communities and Great Lakes Consortium

### Summary

We've been collaborating with the Minnesota Department of Natural Resources (DNR) and Minnesota Pollution Control Agency (MPCA) to get data on fish contaminants for over 50 years. This also involves work with state labs that do fish-tissue analyses.

We use that data to develop Statewide, new Northeast regional, and Waterbody-specific Fish Consumption Guidance. We look at that data and many other factors around public health guidance to share this information with people.

We share that through many different communication channels. One of them is information in the DNR's fishing regulations booklet that's published every year. Our main tool for sharing guidelines is our webpages.

Tribal Nations and Communities can be disproportionately affected by these contaminants in fish. Tribal Nations and Communities have different perspectives about the land and fish and how they are part of their lifeways. We want to ensure our guidelines are meaningful for anyone that's eating fish in Minnesota.

For years, we've partnered with the Great Lakes Consortium for Fish Consumption Advisories. We have a grant at the Minnesota Department of Health to learn more about fish contaminants, plan for the future, do outreach, and try to have consistent guidelines across the Great Lakes. That includes collaboration with the seven other Great Lakes states, Ontario, the Great Lakes Indian Fish and Wildlife Commission, and the Saint Regis Mohawk Tribe.

## Slide 10: MDH, MPCA, MDNR work together to review contaminants in fish

### MDH, MPCA, MDNR work together to review contaminants in fish

- **Collect and analyze fish** for mercury, polychlorinated biphenyls (PCBs), and per- and polyfluoroalkyl substances (PFAS)
- **Test fish from many waterbodies** with support from MPCA and MDNR monitoring activities
- **Analyze levels of contaminants** through State and Contract Labs
- **MDH develops methods** to balance benefits of fish consumption with risks posed by contaminants
- **Update guidelines on MDH's webpage** and post with MDNR in LakeFinder

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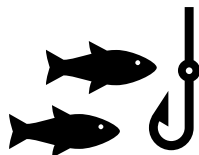
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### Slide Text and Image Description

- **Collect and analyze fish** for mercury, polychlorinated biphenyls (PCBs), and per- and polyfluoroalkyl substances (PFAS)
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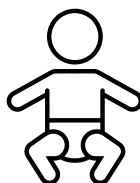
## Slide 11: MDH develops fish consumption guidance for Minnesotans

### MDH develops fish consumption guidance for Minnesotans



#### Where you catch the fish

Some waterbodies have lower levels of contaminants and follow Northeast or Statewide Fish Consumption Guidelines.



#### Who you are

Some people are more sensitive than others to negative health effects from exposure to mercury or PFAS.



#### Species of fish

Maximum number of servings recommended per week or month may vary by fish species caught in the same waterbody.

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### Slide Text and Image Description

[Icon: two fish and a fishing line with a hook.] **Where you catch the fish**

Some waterbodies have lower levels of contaminants and follow Northeast or Statewide Fish Consumption Guidelines.

[Icon: infant.] **Who you are**

Some people are more sensitive than others to negative health effects from exposure to mercury or PFAS.

[Icon: fish skeleton.] **Species of fish**

Maximum number of servings recommended per week or month may vary by fish species caught in the same waterbody.

### Summary

Who you are includes who you're sharing your fish with.

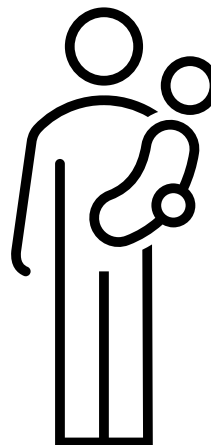
## Slide 12: Fish consumption guidance is for everyone

### Fish consumption guidance is for everyone

Guidelines are most important for those that:

- eat a lot of fish (can include purchased fish),
- eat more highly contaminated fish, and
- have developmental life-stage exposures (women and those who are or may become pregnant or are breastfeeding and children under age 15).

**But we have guidelines for everyone**



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### Slide Text and Image Description

[Icon: person holding infant.]

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- have developmental life-stage exposures (women and those who are or may become pregnant or are breastfeeding and children under age 15).

**But we have guidelines for everyone**

### Summary

We provide fish consumption guidance on every waterbody in the state.

Mercury is a global pollutant, so it is found in fish in your grocery store. Most notably in predator fish like tuna (different types of tuna), walleye, northern pike; these fish accumulate higher levels of mercury.

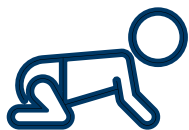
We have information about purchased fish on our webpage.

More highly contaminated fish can include eating a northern pike or walleye that are higher in mercury, or fish in areas where they've been impacted by PFAS.

Children under age 15 and girls, women, and people age 15 and older who may become pregnant, people who are pregnant, and people who are breastfeeding or plan to breastfeed are more sensitive to the toxicity of these contaminants at lower levels.

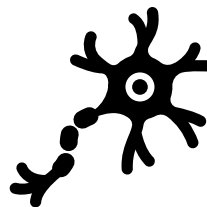
## Slide 13: Exposures to methylmercury are associated with health effects

### Exposures to methylmercury are associated with health effects



#### Fetuses and children are more sensitive

*Changes in brain development, affecting understanding and learning*



#### Nervous system changes

*In adults, tingling sensation in finger/toes, impacts to vision/hearing, motor function*

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### Slide Text and Image Description

[Icon: crawling infant.] **Fetuses and children are more sensitive**

*Changes in brain development, affecting understanding and learning*

[Icon: nerve with solid fill.] **Nervous system changes**

*In adults, tingling sensation in finger/toes, impacts to vision/hearing, motor function*

### Summary

Methylmercury is found in our aquatic ecosystems, including freshwater, estuary, and ocean fish. This is a global pollutant. The form that gets into fish is methylmercury. There are other ways people are exposed to mercury from certain products, but for methylmercury, your exposure is primarily from eating some types of fish. This is a challenge because we know that eating fish low in mercury and other contaminants has very significant benefits for children as their brain, nervous system, and eyes are developing. By eating those fish that we recommend, and the U.S. Food and Drug Administration (FDA) would recommend, as being lower in mercury you can gain those benefits without worrying about these health effects.

If you're somebody that is eating a lot of fish, and maybe have concerns about the amount, this is something that physicians could give you guidance on, as well as talking about other ways to eat fish in your diet that are lower in mercury.

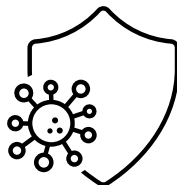
## Slide 14: Exposures to PFAS have been associated with health effects

Exposures to PFAS have been associated with health effects



### Developmental effects

*Lower birth weight*



### Immune suppression

*Decreased antibody production*



### Changes in liver function

*Higher cholesterol and liver enzymes*

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## Slide Text and Image Description

[Icon: infant.] **Developmental effects**

*Lower birth weight*

[Icon: shield and virus.] **Immune suppression**

*Decreased antibody production*

[Icon: line graph trending upwards.] **Changes in liver function**

*Higher cholesterol and liver enzymes*


## Summary

We also test fish for PCBs. They haven't been found to be as much of a driver in our fish consumption guidelines, but we keep those in mind and the guidelines are protective for PCBs as well.

With PFAS early life stage exposures can lead to health effects at lower concentrations than exposures to other people. We know from studies of people's blood serum going back to the early 2000s that most people have had some exposure to PFAS at levels that could have had some impacts on our health. Our goal with our guidance is to lower our exposures.

## Slide 15: 2026 update focuses on mercury and PFAS

2026 update focuses on mercury and PFAS



New Northeast Guidelines

Length-based guidelines

Vermillion River updates

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### Slide Text and Image Description

[Icon: map with pin.] New Northeast Guidelines

[Icon: measuring tape.] Length-based guidelines

[Icon: river between 2 trees.] Vermillion River updates

### Summary

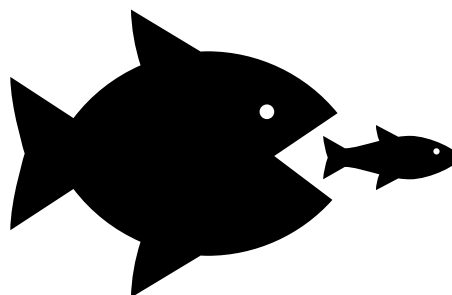
Length-based guidelines are for walleye and northern pike.

## Slide 16: MDH is updating our mercury analyses

### MDH is updating our mercury analyses

This updated approach for estimating mercury in fish caught from Minnesota Lakes:

- Incorporates fish species, fish length, lake characteristics, year fish sampled
- Uses data from over 43,000 fish samples taken at 1,396 lakes
- Provides better estimates of mercury concentrations in fish tissue



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### Slide Text and Image Description

[Icon: two fish, one larger on the left, one smaller on the right.]

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- Incorporates fish species, fish length, lake characteristics, year fish sampled
- Uses data from over 43,000 fish samples taken at 1,396 lakes
- Provides better estimates of mercury concentrations in fish tissue

### Summary

We published a new way to evaluate this issue in a paper with scientists from the DNR and the Minnesota Pollution Control Agency. We determined that by using more of the data we could make our guidelines better, specifically for lakes. Because methylmercury is the form that is building up in the fish, by understanding more about these lake characteristics, the year the fish were sampled, and the location of these lakes, we can do a better job of estimating what the mercury concentration is in the fish across nine species in particular, at the lengths that they would be expected to be harvested at.



## Slide 18: The updated mercury analyses

### The updated mercury analyses

- Create new regional guidelines for Northeast Minnesota (Cook, Lake, and St. Louis counties)
- Add length-based guidelines for walleye and northern pike for sensitive populations
- Reduce the number of waterbody specific guidelines, improves our guidance clarity



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### Slide Text and Image Description

[Image: map of Minnesota with counties outlined. Cook, Lake, and St. Louis counties are labeled and highlighted green. All other counties are unlabeled and highlighted blue.]

- Create new regional guidelines for Northeast Minnesota (Cook, Lake, and St. Louis counties)
- Add length-based guidelines for walleye and northern pike for sensitive populations
- Reduce the number of waterbody specific guidelines, improves our guidance clarity

### Summary

We found that five species of fish, based on the available data, have higher levels of mercury. We determined by looking at these datasets that if we publish new regional guidelines for fish caught in most waters in Cook, Lake, and St. Louis counties, and by changing those guidelines for those species, then we would not need to publish as many waterbody-specific guidelines and the guidelines would also be more protective than following the Statewide guidelines that apply to the other counties.

For anyone, we've always recommended you eat smaller fish because they're lower in mercury. For sensitive populations, if you're eating a walleye in the Northeast, you would want to eat one smaller than 18 inches and eat your fillets from walleye in the other parts of the state at less than 20 inches. We only recommend those servings of walleye be eaten once a month for sensitive populations.

This change improves the clarity and protectiveness of our guidelines.

## Slide 19: Example of mercury guideline change: yellow perch

### Example of mercury guideline change: yellow perch

Statewide Fish Consumption Guidelines	New Northeast Fish Consumption Guidelines
Yellow perch are grouped with crappie, sunfish, and inland trout	Yellow perch
Sensitive population: 1 serving/week	Sensitive population: 1 serving/month
General population: 4 servings/week	General population: 1 serving/week

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### Slide Text and Image Description

[Table with Statewide Fish Consumption Guidelines as the first column and New Northeast Fish Consumption Guidelines as the second.]

#### Statewide Fish Consumption Guidelines

Yellow perch are grouped with crappie, sunfish, and inland trout

Sensitive population: 1 serving/week

General population: 4 servings/week

#### New Northeast Fish Consumption Guidelines

Yellow perch

Sensitive population: 1 serving/month

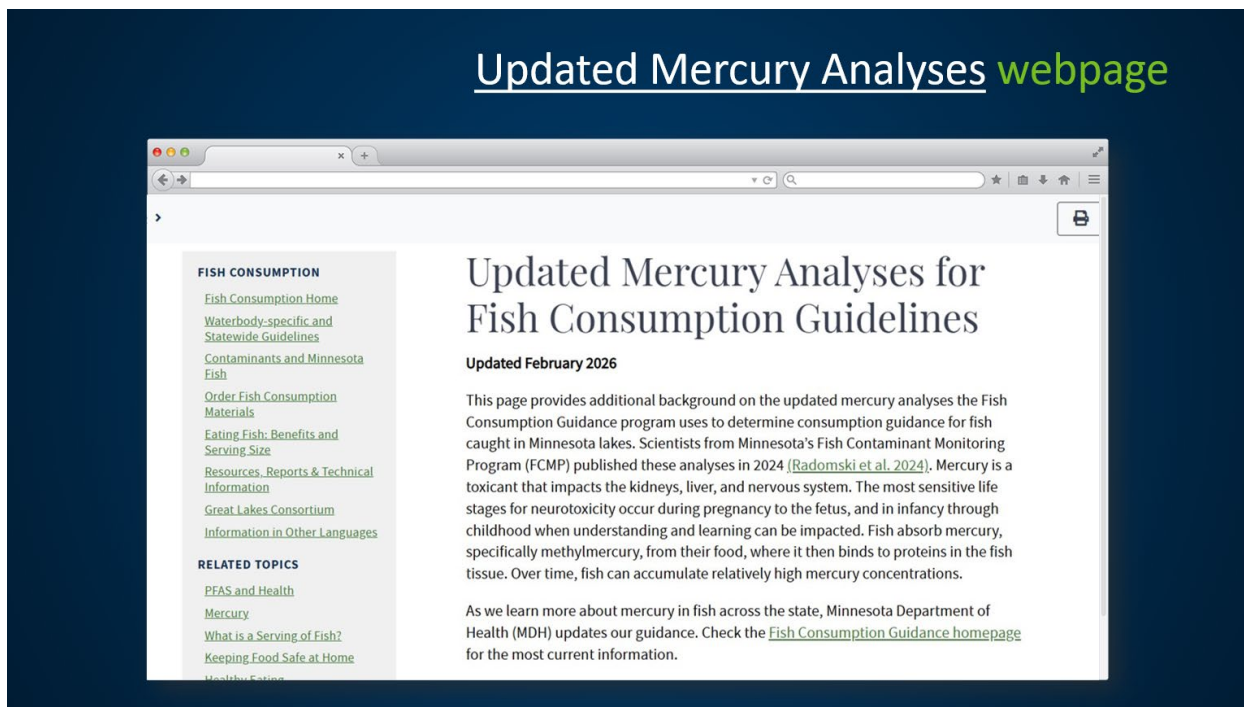
General population: 1 serving/week

### Summary

Sensitive populations: children under age 15, and girls, women, and people age 15 and older that are pregnant or are planning pregnancy, or people that are breastfeeding or planning to breastfeed.

General populations: people not planning to become pregnant; boys and men age 15 and older

## Slide 20: Updated Mercury Analyses webpage



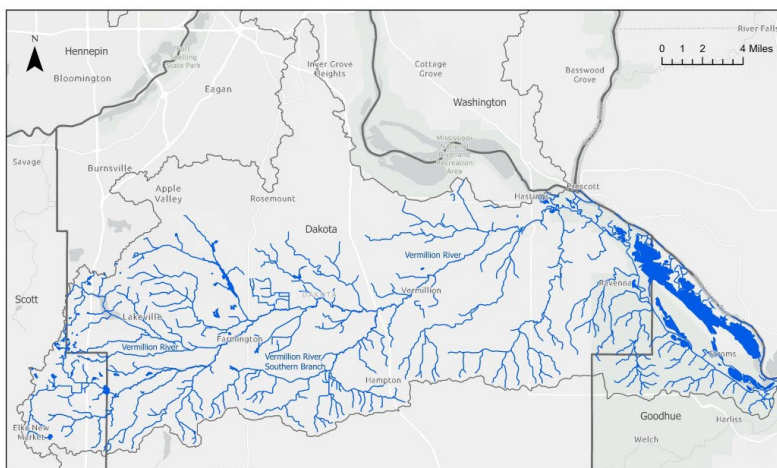
### Slide Text and Image Description

[Image: screenshot of the Updated Mercury Analyses for Fish Consumption Guidelines webpage.]

Link: [Updated Mercury Analyses for Fish Consumption Guidelines - MN Dept. of Health \(https://www.health.state.mn.us/communities/environment/fish/guidance/hganalyses.html\)](https://www.health.state.mn.us/communities/environment/fish/guidance/hganalyses.html)

## Slide 21: Vermillion River upstream of Hasting Dam has updated guidelines due to PFAS

Vermillion River upstream of Hasting Dam has updated guidelines due to PFAS



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### Slide Text and Image Description

[Image: map showing counties and cities in the Southeast area of the Twin Cities. The Vermillion River and its tributaries are highlighted blue within the Vermillion River Watershed of Dakota, Goodhue, and Scott counties.]

### Summary

PFAS are a group of chemicals. There are about 40 to 60 types that we've been able to detect in fish tissues in Minnesota using different analytical methods. Most of the work that is done is around 40 types of PFAS. There can be others in our environment and fish that we're unaware of, and analytical methods are being expanded to include non-target analysis of PFAS.

We know from studies along the Mississippi River going back to 2006 or 2007 that Mississippi River Pool 2 and Pool 3 have higher levels of PFAS in fish. Additional studies found that contamination is continued downstream to Wabasha, including Lake Pepin. We've had restrictive guidelines on those waterbodies since 2024.

We included the lower portion of the Vermillion River that's below Hastings Dam with these Pool 3 guidelines because of the interconnectedness of the waters. Those guidelines recommend that no one in the sensitive populations eat any fish from those waterbodies, and other people eat only up to one serving a month of any single species.

With further study we found out that the fish upstream of Hastings were showing levels of PFAS and mixtures that were elevated. Because we don't have a lot of information about the full watershed, until we get more information, we're recommending that people follow the same guidelines, that sensitive populations should not eat fish from this watershed, and other people restrict their consumption to only one serving per month of one species.

This unfortunately affects Scott, Dakota, and Goodhue counties.

## Slide 22: PFAS is not just in fish, but in many places

# PFAS is not just in fish, but in many places



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### Slide Text and Image Description

[Image: Graphic of Where PFAS come from:

Icon: PFAS production

Icon: product manufacturing

Icon: product use

Icon: product disposal

Where PFAS are found:

Icon: air

Icon: water

Icon: soil

Icon: wildlife

Icon: food

Icon: humans

Icon: breastmilk.]

## Summary

Fish is not your only way of exposure to PFAS. Waterbodies where we recommend all people, or those where we recommend sensitive populations, not eat the fish represent a higher level of exposure.

These pollutants have been around for many decades. This pollution has probably been in these waters for many decades. Some of the areas are finding that there are sources that can be addressed. In the meantime, we're going to provide the guidelines to help you avoid those fish that are higher in PFAS.

All of us have likely had some exposure to PFAS. Studies of people going back to the early 2000s find that most people tested do have some type of PFAS in their blood. It is concerning; the good news is there's been a lot of reductions as seen by some of these biomonitoring studies.

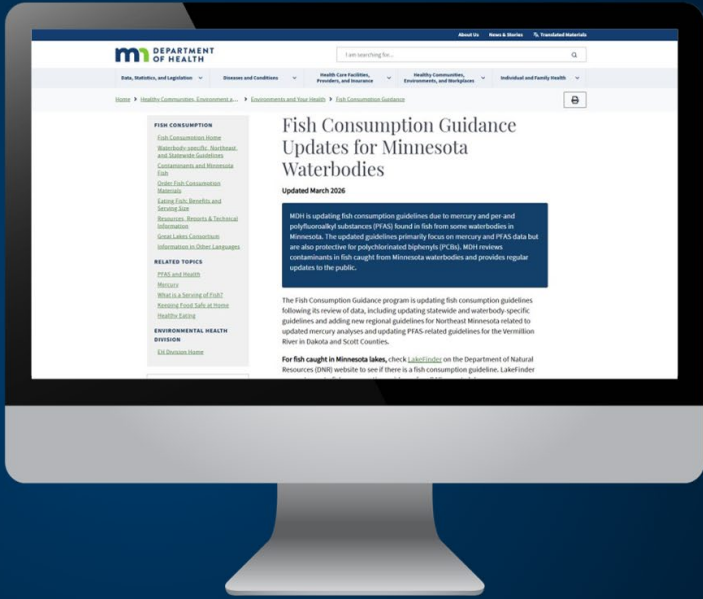
There are important efforts that have happened in Minnesota to address PFAS as a suite of chemicals. The Minnesota Department of Health also maintains a PFAS and health webpage that gives you a lot of information about PFAS and how to reduce your exposures.

Link: [PFAS and Health - MN Dept. of Health](https://www.health.state.mn.us/communities/environment/hazardous/topics/pfashealth.html)  
(<https://www.health.state.mn.us/communities/environment/hazardous/topics/pfashealth.html>)

## Slide 23: Visit the Fish Consumption Guidance Updates page

Visit the Fish Consumption Guidance Updates page

- March 2026 update
- Links to
  - LakeFinder
  - Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines



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### Slide Text and Image Description

[Image: screenshot of Fish Consumption Guidance Updates for Minnesota Waterbodies webpage.]

Link: [Fish Consumption Guidance Updates for Minnesota Waterbodies - MN Dept. of Health](https://www.health.state.mn.us/communities/environment/fish/guidance/updatehgpfas.html)  
(<https://www.health.state.mn.us/communities/environment/fish/guidance/updatehgpfas.html>)

- March 2026 update
- Links to
  - LakeFinder
  - Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines

## Slide 24: Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines

### Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines

- Check the Waterbody-specific guidelines
- Check the Northeast or Statewide Fish Consumption Guidelines

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### Slide Text and Image Description

[Image: screenshot of Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines webpage.]

Link: [Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines - MN Dept. of Health \(https://www.health.state.mn.us/communities/environment/fish/guidelines.html\)](https://www.health.state.mn.us/communities/environment/fish/guidelines.html)

- Check the Waterbody-specific guidelines
- Check the Northeast or Statewide Fish Consumption Guidelines

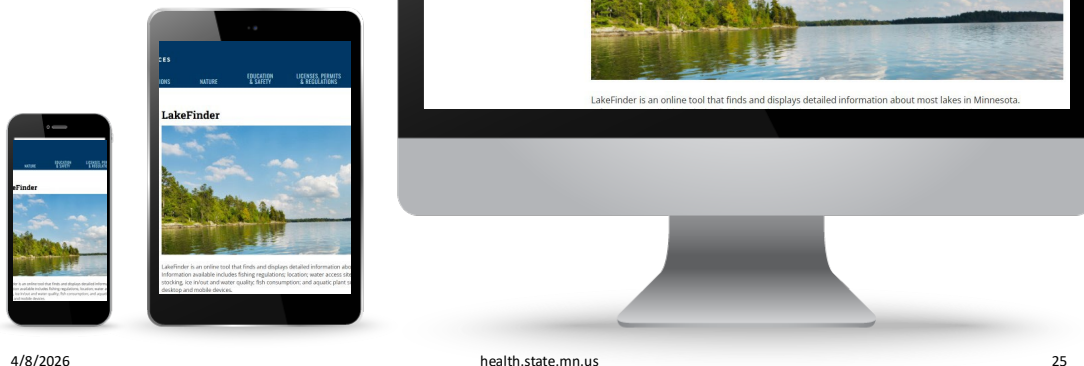
### Summary

This is our main webpage to help you see our guidelines. It explains how you should check Waterbody-specific guidelines first, found either on the DNR LakeFinder page, or we have a list of rivers and streams that have stricter guidelines on our webpage, as well as Lake Superior guidelines. There's unique species in Lake Superior and some are less polluted fish that you could eat more often.

If you don't see waterbody-specific guidelines, you're going to be directed back to follow either the Northeast guidelines for Cook, Lake, and St. Louis counties, or you will be following the Statewide guidelines for any other waterbody being fished.

## Slide 25: Check MDNR’s LakeFinder website to find guidance for lakes

Check [MDNR’s LakeFinder](#) website to find guidance for lakes



### Slide Text and Image Description

[Image: screenshot of the LakeFinder website on a smartphone, tablet, and computer monitor.]

Link: [LakeFinder | Minnesota DNR \(https://www.dnr.state.mn.us/lakefind/index.html\)](https://www.dnr.state.mn.us/lakefind/index.html)

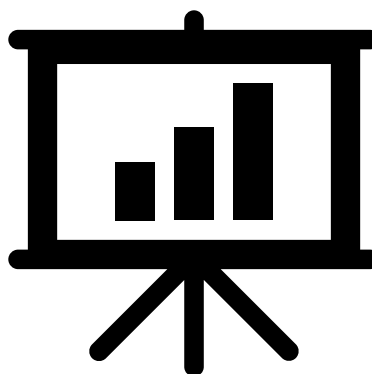
### Summary

On LakeFinder, you can get data on fish contaminants, find out information about fishing regulations, and find links to our fish consumption guidance.

## Slide 26: Community outreach

### Community outreach

- Our team is available for additional presentations



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### Slide Text and Image Description

[Icon: presentation with bar chart.]

- Our team is available for additional presentations

### Summary

As part of our work around these mercury analysis changes, we've tried to reach out first to Tribal Nations and Communities who we feel are going to be disproportionately impacted. Some Tribal Nations have their own guidance, and some are working to develop their guidance because they want to have it tailored to their specific needs and health.

There's so much about health that goes beyond contaminant levels. Our full health, our optimal health, is based on many factors. Part of that challenge is the tradeoff of saying you can't eat local fish and you're going to have to go to the grocery store and buy fish there. That's a big change and hardship for some people. We've been fortunate to be talking with the FDA. They don't have specific regulations about PFAS and food, but they've been doing a lot of testing, especially in fish and seafood and finding most don't have detects. For some that do, they are asking the producers to voluntarily recall them. We're getting more data to help us supplement the information we know already about purchased fish that are low in mercury and what we can say about PFAS in these fish as well.

## Slide 27: Questions

Questions



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### Slide Text and Image Description

[Image: raised hands.]

## Slide 28: Thank You!



# Thank You!

## MDH Fish Consumption Guidance

*HEALTH.fish@state.mn.us*

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### Slide Text and Image Description

[Image: Minnesota Department of Health logo.]

#### MDH Fish Consumption Guidance

*HEALTH.fish@state.mn.us*

Minnesota Department of Health  
Fish Consumption Guidance Program  
[HEALTH.fish@state.mn.us](mailto:HEALTH.fish@state.mn.us)  
[www.health.state.mn.us/fish](http://www.health.state.mn.us/fish)

04/15/2026

To obtain this information in a different format, email: [HEALTH.fish@state.mn.us](mailto:HEALTH.fish@state.mn.us)