

Men, Boys Age 15 and Over, and People Not Planning to Become Pregnant

FISH CONSUMPTION GUIDELINES FOR LAKE SUPERIOR

Fish Species	4 meals per week	2 meal per week	1 meal per week	1 meal per month
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
Rainbow Smelt (April 2025)			All Sizes	
Other species	Follow Statewide Fish Consumption Guidelines			

Minnesota Department of Health
Fish Guidelines Program
625 Robert Street N
P.O. Box 64975
St. Paul, MN 55164-0975
651-201-4911

www.health.state.mn.us/fish

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To obtain this information in a different format, call 651-201-4911.