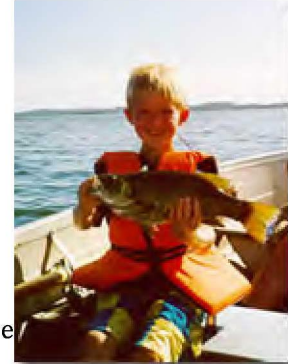


<http://www.health.state.mn.us/index.html>



Site-Specific Meal Advice for Tested Lakes and Rivers

The Minnesota Department of Natural Resources (DNR), the Minnesota Pollution Control Agency (MPCA), and the Minnesota Department of Health collaborate in producing the fish consumption advisory. Each year, the DNR collects fish from lakes and rivers for testing. Minnesota has around 6,000 fishable lakes. Fish from over 1,000 lakes and streams in Minnesota have been tested for contaminants.



All waters from which fish have been tested are listed in the tables below. The waters that have been tested are not necessarily more contaminated than those not tested. Waters are selected for sampling where angling is popular, where there is a known or suspected pollution source, or where fish contaminant trends are being tracked. Selections are made by:

- [Minnesota's Fish Contaminant Monitoring Program \(PDF\)](http://www.pca.state.mn.us/index.php/view-document.html?gid=9247)
(<http://www.pca.state.mn.us/index.php/view-document.html?gid=9247>)

Mercury is found in most fish tested from Minnesota lakes. PCBs are found mainly in Lake Superior and major rivers such as the Mississippi River. [Perfluorochemicals \(PFCs\)](http://www.health.state.mn.us/divs/eh/hazardous/topics/pfcshealth.html) (<http://www.health.state.mn.us/divs/eh/hazardous/topics/pfcshealth.html>) have been found in some fish in Minnesota. MPCA (<http://www.pca.state.mn.us/index.php/waste/waste-and-cleanup/cleanup-programs-and-topics/topics/perfluorochemicals-pfc/perfluorochemicals-pfcs.html?menuid=&redirect=1>) is investigating the sources of PFCs in fish. These guidelines are based on the contaminant level measured in fillets.

Consumption Advice for *Bodies of Water Where Fish have been Tested:*

Lakes - Fish Consumption Guidelines

- [Women Who Are or May Become Pregnant, and Children under Age 15 \(PDF\)](http://www.health.state.mn.us/divs/eh/fish/eating/specpoplakes.pdf)
(<http://www.health.state.mn.us/divs/eh/fish/eating/specpoplakes.pdf>)
- [Men; Women Not Planning to be Pregnant \(PDF\)](http://www.health.state.mn.us/divs/eh/fish/eating/genpoplakes.pdf)
(<http://www.health.state.mn.us/divs/eh/fish/eating/genpoplakes.pdf>)

Rivers - Fish Consumption Guidelines

- [Women Who Are or May Become Pregnant, and Children under Age 15 \(PDF\)](http://www.health.state.mn.us/divs/eh/fish/eating/specpoprivers.pdf)
(<http://www.health.state.mn.us/divs/eh/fish/eating/specpoprivers.pdf>)
- [Men; Women Not Planning to be Pregnant \(PDF\)](http://www.health.state.mn.us/divs/eh/fish/eating/genpoprivers.pdf)
(<http://www.health.state.mn.us/divs/eh/fish/eating/genpoprivers.pdf>)

Lake Superior - Fish Consumption Guidelines

- [Women Who Are or May Become Pregnant, and Children under Age 15](http://www.health.state.mn.us/divs/eh/fish/eating/kidmom/lakesupspecpop.html)
(<http://www.health.state.mn.us/divs/eh/fish/eating/kidmom/lakesupspecpop.html>)

- [Men: Women Not Planning to be Pregnant](http://www.health.state.mn.us/divs/eh/fish/eating/lakesuperior.html)
(<http://www.health.state.mn.us/divs/eh/fish/eating/lakesuperior.html>)

[Information on the mercury, PCB and PFOS levels corresponding to the meal advice categories \(PDF\)](http://www.health.state.mn.us/divs/eh/fish/eating/mealadvicetables.pdf)
(<http://www.health.state.mn.us/divs/eh/fish/eating/mealadvicetables.pdf>)

NOTE:

The Fish Consumption Guidelines listed above for lakes and rivers are Adobe Acrobat PDF files, except for the advice for Lake Superior. The lake files are large documents (130 pages). If you plan on referring to the Guidelines frequently, you may find it more efficient to download the files to your hard drive so you can refer to them without connecting to the Internet.

To download any of the Guidelines, right-click on the link and select either "Save Link As" or "Save Target As," depending on your browser. Select a location on your hard drive (drive C:) where you want to save the file. In the future you can view the document by simply double-clicking on the file name.

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