

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

FISH CONSUMPTION GUIDELINES FOR LAKE SUPERIOR

Fish Species	4 servings per week	2 servings per week	1 serving per week	1 serving 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	--
Walleye	--	--	All Sizes	--
Yellow Perch (March 2026)	--	All Sizes	--	--
Other species	Follow Northeast Fish Consumption Guidelines			

Select 1 weekly category every week and do not exceed the total servings (4, 2, or 1) listed for that category

(for example, if the “2 servings per week” category was selected, choosing 1 serving of Lake Superior Lake whitefish and 1 serving of Lake Superior Yellow perch for that week would not exceed that category)

Optionally, add 1 species from any serving category every month

(for example, adding 4 servings of Cisco or 1 serving of Walleye per month)

Categories are based on fillet data. If you eat other parts of the fish, your exposure may differ.

To learn more about what a serving size is, visit [Benefits of Eating Fish and Serving Sizes - MN Dept. of Health](https://www.health.state.mn.us/communities/environment/fish/guidance/eatingfish.html)
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GENERAL POPULATIONS LAKE SUPERIOR FCG

MDH recommends eating purchased fish low in contaminants. To learn more about purchased fish low in mercury, visit [EPA-FDA Advice about Eating Fish and Shellfish | US EPA](https://www.epa.gov/choose-fish-and-shellfish-wisely/epa-fda-advice-about-eating-fish-and-shellfish) (<https://www.epa.gov/choose-fish-and-shellfish-wisely/epa-fda-advice-about-eating-fish-and-shellfish>)

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