

Sensitive populations: Children under age 15; girls, women, and people age 15 and older who may become pregnant, people who are pregnant, people who are breastfeeding or plan to breastfeed

FISH CONSUMPTION GUIDELINES FOR LAKE SUPERIOR

Fish Species	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 (April 2025)	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 (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 Cisco for that week would not exceed that category)

Optionally, add 1 species from any serving category every month

(for example, adding 2 servings of Pink Salmon 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)
(<https://www.health.state.mn.us/communities/environment/fish/guidance/eatingfish.html>)

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>)

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.