

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

Table: Northeast Fish Consumption Guidelines (Cook, Lake, & St. Louis Counties) (new) for Minnesota caught fish

4 Servings per Week	2 Servings per Week	1 Serving per Week	1 Serving per Month
Bullhead	Crappie (new-category)	Bass	Muskellunge
Inland trout (brook, brown, rainbow)	Sunfish (such as bluegill) (new-category)	Catfish	--
Lake herring (cisco)	--	Lake trout	--
Lake whitefish	--	Northern pike	--
--	--	Walleye	--
--	--	Yellow perch (new-category)	--
--	--	Other MN fish species not listed	--

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 “4 servings per week” category was selected, choosing 2 servings of Minnesota caught Bullhead and 2 servings of Minnesota caught Lake whitefish for that week would not exceed that category)

Optionally, add 1 species from any serving category every month

(for example, adding 2 servings of Minnesota caught Sunfish or 1 serving of Minnesota caught 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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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)

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