

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

**Table: Statewide Fish Consumption Guidelines (All Counties except Cook, Lake, & St. Louis Counties) for Minnesota caught fish**

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

**Select 1 weekly category every week and do not exceed the total servings (4 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 4 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>)

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.*