

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

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

1 Serving per Week	1 Serving per Month	Avoid These (Do Not Eat)
Bullhead	Bass	Muskellunge
Crappie	Catfish	Northern pike 28 inches or longer (new-lengths)
Inland trout (brook, brown, rainbow)	Lake trout	Walleye 20 inches or longer (new-lengths)
Lake herring (cisco)	Northern pike shorter than 28 inches (new-lengths)	--
Lake whitefish	Walleye shorter than 20 inches (new-lengths)	--
Sunfish (such as bluegill)	Other MN fish species not listed	--
Yellow perch	--	--

Select 1 species from the weekly category every week and do not exceed the total servings listed for that category

(for example, choosing 1 serving of Minnesota caught Crappie)

Optionally, add 1 species from any serving category every month

(for example, adding 1 serving of Minnesota caught Sunfish or 1 serving of Minnesota caught Walleye shorter than 20 inches per month)

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

SENSITIVE POPULATIONS STATEWIDE FCG

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>)

For additional options for weekly or monthly servings of store/restaurant bought fish for sensitive populations see Purchased Fish Guidelines at [Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines - MN Dept. of Health](#)

(<https://www.health.state.mn.us/communities/environment/fish/guidelines.html#purchased>)

Minnesota Department of Health

Fish Guidelines Program

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