

Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
ADA Cass 11025000	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
ADAMS Lake 38015300	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye		All sizes			Mercury
ADLEY Otter Tail 56003100	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
AGATE Cass 11021600	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
AGNES Douglas 21005300	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	White Sucker	All sizes				
AGNES St. Louis 69083000	Northern Pike		shorter than 23"	23" or longer		Mercury
	Yellow Perch	All sizes				
AITKIN Aitkin 01004000	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
ALBERT LEA Freeborn 24001400	Buffalo	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				

Notes:

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ALDEN St. Louis 69013100	Crappie		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
ALDER Cook 16011400	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
ALIMAGNET Dakota 19002100	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
ALPINE Cook 16075900	Lake Whitefish	All sizes				
	Walleye		shorter than 20"	20" or longer		Mercury
ALTON Cook 16062200	Northern Pike		All sizes			Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
AMBER Lake 38033600	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
AMELIA Pope 61006400	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
ANDREW Douglas 21008500	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury

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ANDREW Kandiyohi 34020600	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Freshwater Drum		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye			All sizes		Mercury
ANDRUSIA Beltrami 04003800	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Rock Bass	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
ANN Carver 10001200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
ANN Kanabec 33004000	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
ANN Wright 86019000	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
ARMSTRONG St. Louis 69027800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 25"	25" or longer		Mercury
	White Sucker	All sizes				

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ARTICHOKE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Big Stone 06000200	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
ARVILLA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47002300	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
ASH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69086400	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
ASPEN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16020400	Northern Pike		shorter than 29"	29" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
ASPEN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31069000	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
ASTRID	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69058900	Northern Pike		shorter than 15"	15" or longer		Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	White Sucker		All sizes			Mercury
AUBURN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10004400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
AUGUST	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38069100	Northern Pike		shorter than 19"	19" or longer		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker	All sizes				

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AUTO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69073100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BABY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11028300	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
BAD MEDICINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03008500	Rainbow Trout	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
BALD EAGLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62000200	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
BALL CLUB	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16018200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BALL CLUB	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31081200	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BALM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04032900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury

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BALSAM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38024500	Brook Trout		All sizes			Mercury
	White Sucker	All sizes				
BAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69074200	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
BARKER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16035800	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
BARRETT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Grant 26009500	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
BARTLETT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Koochiching 36001800	Crappie	All sizes				
	Northern Pike	All sizes				
BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Faribault 22007400	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31031600	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31057600	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				

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BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Pine 58012800	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69006300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69055300	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Wright 86023400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
BASSETT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69004100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BASSWOOD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38064500	Northern Pike		shorter than 30"	30" or longer		Mercury
	Walleye			All sizes		Mercury
BATTLE CREEK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Washington 82009100	Bluegill Sunfish		All sizes			PFOS
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury PFOS
BAVARIA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10001900	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Northern Pike		shorter than 30"	30" or longer		Mercury

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BAY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18003400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BEAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38040900	Rainbow Trout	All sizes				
	Splake	All sizes				
BEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Freeborn 24002800	Carp	All sizes				
	Northern Pike	All sizes				
BEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38040500	Smallmouth Bass	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				
BEAR ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69011500	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BEARHEAD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69025400	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BEARSKIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16022800	Lake Trout		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
BEAST	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69083700	Northern Pike		shorter than 21"	21" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	White Sucker		All sizes			Mercury

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BEAUTY Hubbard 29029200	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye			All sizes		Mercury
BEAUTY Itasca 31002800	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BEAVER Ramsey 62001600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
BEAVER HUT Lake 38073700	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
BEEBE Wright 86002300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Walleye		All sizes			Mercury
BELL St. Louis 69080500	Northern Pike		All sizes			Mercury
BELLE Meeker 47004900	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
BELLE TAINE Hubbard 29014600	Bluegill Sunfish	All sizes				
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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BELLO Itasca 31072600	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
BELTRAMI Beltrami 04013500	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Rock Bass	All sizes				
BEMIDJI Beltrami 04013000	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
BENEDICT Hubbard 29004800	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				
BENNETT Ramsey 62004800	Bluegill Sunfish	All sizes				
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			PFOS
	Northern Pike		All sizes			Mercury PFOS
BENSON Lake 38001800	Splake		All sizes			Mercury
BENTON Lincoln 41004300	Crappie		All sizes			Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
	White Sucker	All sizes				
BETTY Meeker 47004200	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury

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BIG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04004900	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
BIG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carlton 09003200	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
BIG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69005000	Northern Pike		All sizes			Mercury
BIG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69019000	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
BIG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sherburne 71008200	Bluegill Sunfish	All sizes				
	Carp		All sizes			PCBs
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	Mercury
BIG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Todd 77006300	Bluegill Sunfish	All sizes				
BIG BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04013200	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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BIG BEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69011300	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
BIG BIRCH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Todd 77008400	Carp	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BIG CARNELIAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Washington 82004900	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
BIG CORMORANT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03057600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BIG FISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Stearns 73010600	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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BIG KANDIYOHI Kandiyohi 34008600	Bullhead	All sizes				
	Carp	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				
BIG MARINE Washington 82005200	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
BIG MCDONALD Otter Tail 56038601	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
BIG MOOSE St. Louis 69031600	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
BIG PINE Aitkin 01015700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Sunfish	All sizes				
BIG PINE Otter Tail 56013000	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
BIG PINE Pine 58013800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
BIG PORTAGE						
Cass 11030800	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
BIG SAND						
Cass 11007700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
BIG SAND						
Hubbard 29018500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BIG SANDY						
Aitkin 01006200	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BIG STONE						
Big Stone 06015200	Bluegill Sunfish	All sizes				
	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Bass		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
BIG STONY						
Hubbard 29014300	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BIG SWAN						
Meeker 47003800	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BIG SWAN						
Todd 77002300	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BIG TWIN						
Martin 46013300	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
BINAGAMI						
Cook 16009800	Walleye		All sizes			Mercury
BINGSHICK						
Cook 16062700	Brook Trout		All sizes			Mercury
BIRCH						
Cass 11041200	Largemouth Bass	All sizes				
	Walleye		All sizes			Mercury
BIRCH						
Cook 16024700	Rainbow Trout	All sizes				
	Splake	All sizes				
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
BIRCH						
Lake 38053200	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BIRCH						
St. Louis 69000300	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		shorter than 30"	30" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BLACK DUCK						
St. Louis 69084200	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
BLACK HOOF						
Crow Wing 18011700	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BLACK ISLAND						
Itasca 31041600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
BLACKDUCK						
Beltrami 04006900	Bullhead	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
BLACKHAWK						
Dakota 19005900	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
BLACKWATER						
Cass 11027400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
BLACKWATER						
Itasca 31056100	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
BLANCHE						
Otter Tail 56024000	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Walleye		All sizes			Mercury
BLANDIN						
Itasca 31053300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BLIND						
Aitkin 01018800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
BLUE Hubbard 29018400	Rainbow Trout	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BLUEBERRY Wadena 80003400	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
BOG Lake 38044300	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
BONE Lake 38006500	Brown Trout		All sizes			Mercury
	Rainbow Trout	All sizes				
	Splake		All sizes			Mercury
BONE Washington 82005400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Walleye		All sizes			Mercury
BOOT Becker 03003000	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 25"	25" or longer		Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

BORDEN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18002000	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
BOTKERS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Big Stone 06012100	Carp		All sizes			Mercury
	Crappie	All sizes				
BOUDER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16038300	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BOULDER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69037300	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
BOWER TROUT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16017500	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BOWSTRING	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31081300	Northern Pike	All sizes				
	Walleye	All sizes				
BOY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11014300	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BRIAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69012800	Yellow Perch	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
BRIGGS Sherburne 71014600	White Sucker	All sizes				
BRIGHT Martin 46005200	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
BROWN St. Louis 69083900	Northern Pike		shorter than 21"	21" or longer		Mercury
BROWNIE Hennepin 27003800	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BROWNS Lake 38078000	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
BRULE Cook 16034800	Cisco		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
BRYANT Hennepin 27006700	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
BUCHANAN Otter Tail 56020900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
BUCK Itasca 31006900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
BUDD Martin 46003000	Carp		All sizes			PCBs
	Channel Catfish	All sizes				
	Crappie	All sizes				
	Yellow Perch	All sizes				
BUFFALO Wright 86009000	Carp	All sizes				
	Channel Catfish		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
BUNNY Lake 38029300	Northern Pike		shorter than 22"	22" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
BURANDT Carver 10008400	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Freshwater Drum	All sizes				
	Northern Pike		All sizes			Mercury
BURGEN Douglas 21004900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
BURNTSIDE St. Louis 69011800	Lake Trout		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike		shorter than 25"	25" or longer		Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker	All sizes				
BUSH Hennepin 27004700	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

BUTTON BOX	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31017500	Smallmouth Bass		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
BYLLESBY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Dakota 19000600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Channel Catfish		All sizes			Mercury
	Crappie	All sizes				
	River Carpsucker	All sizes				
	Smallmouth Bass	All sizes				
	Walleye		All sizes			Mercury
	White Bass		All sizes			Mercury
CADOTTE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69011400	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
CALHOUN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27003100	Bluegill Sunfish			All sizes		Mercury PFOS
	Crappie			All sizes		Mercury PFOS
	Largemouth Bass			All sizes		Mercury PFOS
	Northern Pike			All sizes		Mercury PFOS
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				
CALHOUN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Kandiyohi 34006200	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
CAMP	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Swift 76007200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

CANISTEO PIT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31128200	Cisco	All sizes				
	Lake Trout	All sizes				
	Smallmouth Bass		All sizes			Mercury
	White Sucker	All sizes				

CANNON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rice 66000800	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Bass		All sizes			Mercury
	Yellow Perch	All sizes				

CARIBOU	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16036000	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

CARIBOU	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31062000	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Rock Bass		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye				All sizes	Mercury
	White Sucker	All sizes				

CARIBOU	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69048900	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
CARLOS Douglas 21005700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Rock Bass		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
CARR Beltrami 04014100	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
CARRIE Kandiyohi 34003200	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
CARROT Cook 16007100	Brook Trout		All sizes			Mercury
CARVER Washington 82016600	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Northern Pike		All sizes			Mercury PFOS
CASCADE Cook 16034600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

CASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04003000	Cisco	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

Whitefish from this lake contain dioxin, a chemical that may cause cancer in humans. Meat and dairy products also contain dioxin. At this time, MDH does not provide meal advice based on dioxin in fish. Although mercury levels in whitefish are low, you can reduce your exposure to dioxin by choosing to eat a different species and following the consumption guidelines for that species.

CEDAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01020900	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

CEDAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27003900	Bluegill Sunfish		All sizes			PFOS
	Carp	All sizes				
	Crappie		All sizes			Mercury PFOS
	Largemouth Bass		All sizes			Mercury PFOS
	Northern Pike		shorter than 28"	28" or longer		Mercury PFOS
	Walleye		shorter than 20"	20" or longer		Mercury PFOS

CEDAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38081000	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

CEDAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
McLeod 43011500	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				

CEDAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Martin 46012100	Carp	All sizes				
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
CEDAR Morrison 49014000	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
CEDAR Rice 66005200	Crappie	All sizes				
	Walleye	All sizes				
CEDAR Scott 70009100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
CEDAR Wright 86022700	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
CEDAR ISLAND Stearns 73013300	Carp		All sizes			Mercury
	Channel Catfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
CENTERVILLE Anoka 02000600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
CHARLOTTE Wright 86001100	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
CHESTER						
Cook 16003300	Brown Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
CHIPPEWA						
Douglas 21014500	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
CHISAGO						
Chisago 13001200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Walleye	All sizes				
CHRISTIANSON						
Lake 38075000	Northern Pike			All sizes		Mercury
CHRISTINA						
Douglas 21037500	Carp	All sizes				
	Northern Pike		All sizes			Mercury
CHRISTINE						
Cook 16037300	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
CHRISTMAS						
Hennepin 27013700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Rainbow Trout	All sizes				
	White Sucker	All sizes				
CHUB						
Carlton 09000800	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

CIRCLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rice 66002700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				
CLARA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16036500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
CLEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01009300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
CLEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Koochiching 36001100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
CLEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38072200	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
CLEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47009500	Bluegill Sunfish	All sizes				
	White Sucker	All sizes				
CLEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69074700	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

CLEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69079900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
CLEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Waseca 81001400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
CLEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Washington 82016300	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
CLEARWATER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04034300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
CLEARWATER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16013900	Cisco		All sizes			Mercury
	Lake Trout	All sizes				
	Smallmouth Bass		All sizes			Mercury
	Yellow Perch	All sizes				
CLEARWATER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18003800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

CLEARWATER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Wright 86025200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Largemouth Bass		shorter than 15"	15" or longer		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
CLEARY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Scott 70002200	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Largemouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
CLITHERALL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56023800	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
CLOQUET	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38053900	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
CLUB WEST	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Anoka 02076400	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
COE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69056200	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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LAKE NAME

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Meal Advice

COFFEE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38006400	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
COLBY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69024900	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
COLBY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Washington 82009400	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
COLLINWOOD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Wright 86029300	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Largemouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
COMFORT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Chisago 13005300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
COMO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62005500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			PFOS
	Walleye		All sizes			Mercury

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LAKE NAME

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
CONCHU Lake 38072000	Brook Trout	All sizes				
COON Anoka 02004200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
CORNELIA Hennepin 27002800	Carp	All sizes				
	Crappie	All sizes				
COTTON Becker 03028600	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
COTTONWOOD Lyon 42001400	Carp	All sizes				
	Northern Pike	All sizes				
	Yellow Perch	All sizes				
CRAB Cook 16035700	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
CRAB St. Louis 69022000	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
CRANE St. Louis 69061600	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 12"	12" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
CRELLIN St. Louis 69045900	Yellow Perch			All sizes		Mercury
CRESCENT Cook 16045400	Walleye	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				
CROCODILE Cook 16011900	Walleye		All sizes			Mercury
	White Sucker	All sizes				
CROOKED Anoka 02008400	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
CROOKED Cass 11049400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
CROOKED Cook 16072300	White Sucker		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

CROOKED	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18004100	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
CROOKED	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31019300	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	White Sucker		All sizes			Mercury
CROOKED	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38002400	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
CROOKED	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38081700	Lake Whitefish		All sizes			Mercury
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	Yellow Perch		All sizes			Mercury
CROSS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carlton 09006200	Bluegill Sunfish	All sizes				
	Bowfin		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
CROSS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Pine 58011900	Freshwater Drum		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



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Meal Advice

CROSS LAKE RES.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18031200	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
CROSS RIVER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38000200	Northern Pike		shorter than 27"	27" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
CROW WING	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18015500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
CRUISER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69083200	Brown Trout		All sizes			Mercury
	Lake Trout		All sizes			Mercury
CRUM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31017100	Largemouth Bass		All sizes			Mercury
CRYSTAL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Blue Earth 07009800	Crappie	All sizes				
CRYSTAL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11050200	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
CRYSTAL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Dakota 19002700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				

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CRYSTAL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27003400	Bluegill Sunfish		All sizes			PFOS
	Crappie		All sizes			PFOS
	Yellow Perch		All sizes			PFOS
CRYSTAL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56074900	Bluegill Sunfish	All sizes				
	Walleye		shorter than 17"	17" or longer		Mercury
CUT FOOT SIOUX	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31085700	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
CUTAWAY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31042900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
DAM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01009600	Bluegill Sunfish	All sizes				
	Buffalo		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
DAM FIVE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38005300	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
DANIELS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16015000	White Sucker	All sizes				
	Yellow Perch	All sizes				
DARK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Koochiching 36001400	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
DARK St. Louis 69079000	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 24"	24" or longer		Mercury
	White Sucker		All sizes			Mercury
DARLING Douglas 21008000	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Walleye		shorter than 16"	16" or longer		Mercury
DAVIS Cook 16043500	Northern Pike			All sizes		Mercury
DAY St. Louis 69090600	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
DAYTON HOLLOW RES. Otter Tail 56082400	Bluegill Sunfish		All sizes			Mercury
	Carp			All sizes		Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye			All sizes		Mercury
DEAD Otter Tail 56038300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
DEAD COON Lincoln 41002100	Carp	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
DEEP Lake 38066800	Northern Pike		All sizes			Mercury
	Rock Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
DEEP						
St. Louis 69066600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
DEER						
Beltrami 04023000	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
DEER						
Itasca 31033400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
DEER						
Itasca 31071900	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
DEER YARD						
Cook 16025300	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
DEL CLARK						
Yellow Medicine 87018000	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
DELAY						
Lake 38041500	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
DELLWATER						
Beltrami 04033100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
DEMONTREVILLE						
Washington 82010100	Bluegill Sunfish	All sizes				
DETROIT						
Becker 03038100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
DEVIL TRACK						
Cook 16014300	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
DEVILFISH						
Cook 16002900	Lake Trout			All sizes		Mercury
	Walleye		All sizes			Mercury
DEVILS						
Kanabec 33003300	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
DIAMOND						
Kandiyohi 34004400	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
DICK						
Cook 16015700	Northern Pike		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

DINHAM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69054400	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
DISAPPOINTMENT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38048800	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
DISLOCATION	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16016700	Yellow Perch	All sizes				
DIVIDE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38025600	Rainbow Trout	All sizes				
	Splake	All sizes				
DIXON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31092100	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
DORA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Le Sueur 40001000	Buffalo	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
DOVRE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69060400	Northern Pike			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
DRAGON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38055200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
DRY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69006400	Brown Trout	All sizes				
	Cisco	All sizes				
	Splake	All sizes				
DUCK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Blue Earth 07005300	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
DUCK Hubbard 29014200	Bluegill Sunfish	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
DUMBBELL Lake 38039300	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
DUNCAN Cook 16023200	Cisco	All sizes				
	Lake Trout		shorter than 27"	27" or longer		Mercury
	Smallmouth Bass	All sizes				
	Yellow Perch	All sizes				
DUNN Cook 16024500	Lake Trout		All sizes			Mercury
DUNNIGAN Lake 38066400	Bluegill Sunfish	All sizes				
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
DUNNS Meeker 47008200	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
DUTCH Hennepin 27018100	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
DYERS Cook 16063400	Northern Pike		shorter than 26"	26" or longer		Mercury

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LAKE NAME

County DOWID*

Meal Advice

EAGLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Blue Earth 07006000	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Yellow Perch	All sizes				
EAGLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carlton 09005700	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
EAGLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10012100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
EAGLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Kandiyohi 34017100	Bluegill Sunfish	All sizes				
	Buffalo	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
EAGLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56025300	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
EAGLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sherburne 71006700	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
EAGLE/PIKE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27011100	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

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Meal Advice

EAGLES NEST #1	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69028501	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
EAGLES NEST #3	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69028503	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
EAGLES NEST #4	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69021800	Crappie	All sizes				
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
EAST	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31046000	Northern Pike		All sizes			Mercury
EAST	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38002000	Brook Trout		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
EAST BATTLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56013800	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
EAST BEARSKIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16014600	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
EAST CHUB	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38067400	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
EAST CROOKED						
Hubbard 29010101	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
EAST FOX						
Cook 16063600	Northern Pike		All sizes			Mercury
EAST GRAHAM						
Nobles 53002000	Buffalo	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
EAST LAKE SYLVIA						
Wright 86028900	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
EAST LEAF						
Otter Tail 56011600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
EAST MOORE						
Anoka 02007501	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike	All sizes				
EAST PIKE						
Cook 16004200	Smallmouth Bass		All sizes			Mercury
EAST POPE						
Cook 16034200	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
EAST RUSH						
Chisago 13006901	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike	All sizes				
	Yellow Perch	All sizes				
EAST SIDE						
Mower 50000200	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
EAST SOLOMON						
Kandiyohi 34024600	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
EAST TOQUA						
Big Stone 06013800	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
EAST TWIN						
Anoka 02013300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
EAST TWIN						
Cook 16014500	Walleye	All sizes				
EAST TWIN						
St. Louis 69017400	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
EAST VADNAIS						
Ramsey 62003801	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
ECHO						
St. Louis 69061500	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
ED SHAVE						
St. Louis 69019900	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
EDDY						
Carlton 09003900	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
EDWARD						
Crow Wing 18030500	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

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Meal Advice

EIGHTEEN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38043200	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
EIGHTH CROW WING	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29007200	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				
EK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69084300	Northern Pike		shorter than 25"	25" or longer		Mercury
ELBOW	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03015900	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
ELBOW	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16009600	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
ELBOW	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16080500	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
ELBOW	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69071700	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
ELBOW	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69074400	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
ELEPHANT						
St. Louis 69081000	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
ELEVEN						
Kanabec 33000100	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
ELEVENTH CROW WING						
Hubbard 29003600	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Rock Bass	All sizes				
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
ELIZABETH						
Itasca 31049000	Northern Pike		All sizes			Mercury
ELIZABETH						
Kandiyohi 34002200	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

ELK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Clearwater 15001000	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Rock Bass		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
ELM ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01012300	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
ELMO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Washington 82010600	Bluegill Sunfish			All sizes		PFOS
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie			All sizes		PFOS
	Largemouth Bass			All sizes		Mercury PFOS
	Northern Pike			All sizes		Mercury PFOS
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch			All sizes		PFOS
ELY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69066000	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
ELYSIAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Waseca 81009500	Bluegill Sunfish	All sizes				
	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

EMBARRASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69049600	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 14"	14" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
EMILY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Le Sueur 40012400	Bluegill Sunfish	All sizes				
	Carp	All sizes				
EMILY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Pope 61018000	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
ENSIGN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38049800	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
ESQUAGAMA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69056500	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye		shorter than 14"	14" or longer		Mercury
ESQUAGAMAH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01014700	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
ESTHER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16002300	Rainbow Trout	All sizes				
	Splake		All sizes			Mercury
	White Sucker		All sizes			Mercury
EUGENE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69047300	Lake Whitefish		All sizes			Mercury
	Northern Pike		shorter than 18"	18" or longer		Mercury
	White Sucker	All sizes				

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LAKE NAME

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Meal Advice

EVERETT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69012000	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
EXTORTION	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16045000	Splake		All sizes			Mercury
FALL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38081100	Bluegill Sunfish		All sizes			Mercury
	Cisco	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 28"	28" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
FARM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38077900	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
FARM ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01015900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
FAT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69048100	Lake Trout		All sizes			Mercury

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LAKE NAME

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
FENSKE						
St. Louis 69008500	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
FIFTH CROW WING						
Hubbard 29009200	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
FINGER						
Cook 16064600	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
FIRST CROW WING						
Hubbard 29008600	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
FISH						
Chisago 13006800	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

FISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Dakota 19005700	Bluegill Sunfish		All sizes			Mercury PFOS
	Bullhead	All sizes				
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 27"	27" or longer		Mercury PFOS
FISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27011800	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
FISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Jackson 32001800	Channel Catfish	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				
FISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Kanabec 33003600	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
FISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56006600	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
FISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56068400	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
FISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Scott 70006900	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

FISH HOOK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29024200	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
FISH LAKE FLOWAGE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69049100	Bluegill Sunfish		All sizes			PFOS
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
	Northern Pike		All sizes			PFOS
	Walleye		All sizes			Mercury PFOS
	White Sucker		All sizes			Mercury
FISH TRAP	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Morrison 49013700	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
FISHMOUTH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69083400	Northern Pike		shorter than 21"	21" or longer		Mercury
FIVE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Kanabec 33000300	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
FLASH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38063000	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
FLAT HORN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38056800	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
FLEMING	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01010500	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
FLORIAN PARK RES. Marshall 45011900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
FLORIDA Kandiyohi 34021700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
FLOUR Cook 16014700	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Yellow Perch	All sizes				
FLOYD Becker 03038700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
FOOT Kandiyohi 34018100	Carp	All sizes				
	Crappie	All sizes				
FOREST Washington 82015900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp		All sizes			PCBs
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
FORSYTHE Itasca 31056000	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 24"	24" or longer		Mercury

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LAKE NAME

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Meal Advice

FOUND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38062000	Brook Trout	All sizes				
FOUNTAIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Freeborn 24001800	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
FOUR MILE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16063900	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
FOURTEEN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69079300	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
FOURTH CROW WING	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29007800	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	White Sucker	All sizes				
FOURTOWN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38081300	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye		All sizes			Mercury
FOX	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Martin 46010900	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Channel Catfish	All sizes				
	Crappie	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

FRANCES	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Le Sueur 40005700	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Walleye			All sizes		Mercury
	White Bass	All sizes				
FRANCIS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Isanti 30008000	Carp	All sizes				
	Crappie	All sizes				
FRANCIS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47000200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Northern Pike	All sizes				
FRANKLIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56075900	Bluegill Sunfish	All sizes				
	Walleye			All sizes		Mercury
FRANKLIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69075400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
FRASER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38037200	Lake Trout			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
FREAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16080600	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
FRENCH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
McLeod 43010900	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike			All sizes		Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
FRENCH						
Rice 66003800	Crappie		All sizes			Mercury
	Freshwater Drum		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
FRENCH						
Wright 86027300	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
FROST						
Cook 16057100	Lake Trout	All sizes				
	Northern Pike		All sizes			Mercury
GABIMICHIGAMI						
Cook 16081100	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
GAMES						
Kandiyohi 34022400	Bluegill Sunfish	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike	All sizes				
GANDER						
Lake 38055400	Northern Pike		shorter than 22"	22" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
GANNON						
St. Louis 69081900	Northern Pike		shorter than 19"	19" or longer		Mercury
	Yellow Perch		All sizes			Mercury
GARDEN						
Lake 38078200	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye		shorter than 22"	22" or longer		Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
GARDEN LAKE RES.						
Lake 38073800	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
GARFIELD						
Hubbard 29006100	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
GASKIN						
Cook 16031900	Walleye		All sizes			Mercury
GE-BE-ON-EQUAT						
St. Louis 69035000	Lake Whitefish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
GEGOKA						
Lake 38057300	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
GENEVA						
Douglas 21005200	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
GEORGE						
Anoka 02009100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
GEORGE						
Blue Earth 07004700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 29"	29" or longer		Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
GEORGE Hubbard 29021600	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
GEORGE Kandiyohi 34014200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
GEORGE Martin 46002400	Carp	All sizes				
	Channel Catfish	All sizes				
	Crappie	All sizes				
GERMAN Le Sueur 40006300	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike	All sizes				
GERVAIS Ramsey 62000700	Bluegill Sunfish		All sizes			PFOS
	Carp	All sizes				
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
GILBERT PIT St. Louis 69130600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Rainbow Trout	All sizes				
	Splake	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
GILLIS Cook 16075300	White Sucker		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
GILSTAD Beltrami 04002400	Northern Pike		All sizes			Mercury
GIRL Cass 11017400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
GOLDEN Anoka 02004500	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
GOLF COURSE POND St. Louis 69134500	Brown Trout		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Rainbow Trout	All sizes				
	White Sucker		All sizes			Mercury
GOOSE Chisago 13008300	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
GOOSE Ramsey 62003400	Bluegill Sunfish	All sizes				
	White Sucker	All sizes				
GOOSE Washington 82005900	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 28"	28" or longer		Mercury
GORMAN Le Sueur 40003200	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
GRACE Hubbard 29007100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
GRAND St. Louis 69051100	Bullhead	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
GRAND Stearns 73005500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
GRANITE Wright 86021700	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
GRASS Lake 38063500	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
GRASSY St. Louis 69008200	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 21"	21" or longer		Mercury
GREEN Chisago 13004100	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				

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Meal Advice

GREEN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Isanti 30013600	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
GREEN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Kandiyohi 34007900	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		shorter than 28"	28" or longer		Mercury
	Rock Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
GREEN PRAIRIE FISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Morrison 49003500	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
GREENLEAF	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47006200	Bluegill Sunfish	All sizes				
	Largemouth Bass	All sizes				
GREENSTONE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38071800	Northern Pike		shorter than 30"	30" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
GREENWOOD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16007700	Cisco		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	White Sucker		All sizes			Mercury
GREENWOOD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38065600	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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Meal Advice

GROUSE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38055700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
GROVE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Pope 61002300	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
GUILF	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31056900	Northern Pike		All sizes			Mercury
GULL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04012000	Northern Pike	All sizes				
	Walleye	All sizes				
GULL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11030500	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
White Sucker	All sizes					
GULL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16063200	Lake Whitefish	All sizes				
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
GUN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01009900	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

GUN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69048700	Lake Trout			All sizes		Mercury
	Lake Whitefish		All sizes			Mercury
GUN CLUB	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Dakota 19007800	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
GUNFLINT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16035600	Lake Trout			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
GUST	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16038000	Walleye		All sizes			Mercury
HAFFTEN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27019900	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
HALF MOON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27015200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
HALL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Martin 46003100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp		All sizes			PCBs
	Channel Catfish	All sizes				
	Crappie	All sizes				
HALLETT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Nicollet 52000100	Bluegill Sunfish	All sizes				
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

HAM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Anoka 02005300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
HAM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29001700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
HAMMAL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01016100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
HAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16023800	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
HANGING HORN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carlton 09003800	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 13"	13" or longer		Mercury
	White Sucker	All sizes				
HANGING KETTLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01017000	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
HANKS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18004400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
HANSKA Brown 08002600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
HARRIET Hennepin 27001600	Bluegill Sunfish		All sizes			PFOS
	Carp	All sizes				
	Crappie		All sizes			Mercury PFOS
	Largemouth Bass		All sizes			Mercury PFOS
	Northern Pike			All sizes		Mercury PFOS
	Walleye			All sizes		Mercury PFOS
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
HARRIET Lake 38004800	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
HARRIS Lake 38073600	Walleye		All sizes			Mercury
HART Itasca 31002000	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
HAYES Roseau 68000400	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
HEIGHT OF LAND Becker 03019500	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
HENDERSON Kandiyohi 34011600	Northern Pike		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
HENDRICKS Lincoln 41011000	Bullhead	All sizes				
	Carp	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Bass		All sizes			Mercury
	Yellow Perch	All sizes				
HENRY Douglas 21005100	Bullhead	All sizes				
	Crappie	All sizes				
HENSON Cook 16031400	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
HERITAGE St. Louis 69046900	Cisco	All sizes				
	Northern Pike		shorter than 17"	17" or longer		Mercury
HERON Jackson 32005700	Buffalo	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				
HIAWATHA Hennepin 27001800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			PCBs
	White Sucker	All sizes				
HICKORY Aitkin 01017900	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
HIGH St. Louis 69007100	Splake	All sizes				

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LAKE NAME

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
HIGHLIFE						
Lake 38067300	Bluegill Sunfish	All sizes				
	Brook Trout	All sizes				
	Largemouth Bass		All sizes			Mercury
HILL						
Aitkin 01014200	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Rock Bass		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
HINIKER POND						
Blue Earth 07014700	Bluegill Sunfish	All sizes				
	White Bass		All sizes			Mercury
	Yellow Perch	All sizes				
HOBO						
St. Louis 69006200	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
HOBSON						
St. Louis 69092300	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
HOG						
Cook 16065300	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
HOGBACK						
Lake 38005700	Rainbow Trout	All sizes				
	Splake		All sizes			Mercury
HOLLY						
Cook 16036600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
HOMER Cook 16040600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
HOOK McLeod 43007300	Northern Pike		All sizes			Mercury
HORSE Lake 38079200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
HORSEHEAD Itasca 31004700	Northern Pike			All sizes		Mercury
HORSESHOE Cass 11035800	Bluegill Sunfish	All sizes				
	White Sucker	All sizes				
HORSESHOE Crow Wing 18025100	Bullhead	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
HORSESHOE Itasca 31069600	Bluegill Sunfish	All sizes				
	Smallmouth Bass		All sizes			Mercury
HORSESHOE Stearns 73015700	Carp		All sizes			Mercury
	Channel Catfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

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County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
HOWARD						
Wright 86019900	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
HUNGRY JACK						
Cook 16022700	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
HUNT						
Rice 66004700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
HUSTLER						
St. Louis 69034300	Northern Pike		shorter than 21"	21" or longer		Mercury
HYDES						
Carver 10008800	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
HYLAND						
Hennepin 27004800	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Largemouth Bass		All sizes			PFOS
IDA						
Becker 03058200	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
IDA						
Douglas 21012300	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Meal Advice

IMA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38040000	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
INDEPENDENCE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27017600	Bluegill Sunfish	All sizes				
	Carp		All sizes			PCBs
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
INGUADONA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11012000	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
INSULA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38039700	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	White Sucker	All sizes				
IRENE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Douglas 21007600	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
IRON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16032800	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury

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County DOWID*

Meal Advice

ISABELLA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38039600	Lake Whitefish	All sizes				
	Northern Pike		shorter than 26"	26" or longer		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	Yellow Perch		All sizes			Mercury
ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03015300	Bluegill Sunfish	All sizes				
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29025400	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31064400	Largemouth Bass		All sizes			Mercury
ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31091300	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Mahnomen 44003800	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62007500	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Channel Catfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury

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County DOWID*

Meal Advice

ISLAND LAKE RES.	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69037200	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Rock Bass		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
ITASCA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Clearwater 15001600	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				
JACK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38044100	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
JANE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Washington 82010400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
JASPER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16076800	Lake Trout		All sizes			Mercury
	Lake Whitefish		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
JAY GOULD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31056500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
JEANETTE St. Louis 69045600	Northern Pike		shorter than 26"	26" or longer		Mercury
	Walleye		All sizes			Mercury
JEFFERSON Le Sueur 40009200	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
JENNIE Meeker 47001500	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
JESSIE Itasca 31078600	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye	All sizes				
JEWETT Otter Tail 56087700	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Walleye		shorter than 21"	21" or longer		Mercury
JIM Cook 16013500	Lake Trout		All sizes			Mercury
	White Sucker	All sizes				
JOHANNA Pope 61000600	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
JOHANNA Ramsey 62007800	Bluegill Sunfish			All sizes		PFOS
	Carp	All sizes				
	Crappie			All sizes		PFOS
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
JOHN Cook 16003500	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
JOHN Wright 86028800	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
JOHN RES. Yellow Medicine 87018100	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
JOHNSON Lake 38024200	Walleye		All sizes			Mercury
JOHNSON St. Louis 69011700	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
JOHNSON St. Louis 69069100	Northern Pike		shorter than 30"	30" or longer		Mercury
	Walleye		All sizes			Mercury
JORGENS St. Louis 69086700	Northern Pike		All sizes			Mercury

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LAKE NAME

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
JOSEPHINE Ramsey 62005700	Bluegill Sunfish		All sizes			PFOS
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
JOUPII Lake 38090900	Brook Trout		All sizes			Mercury
JULIA Beltrami 04016600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
JUNO Cook 16040200	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker		All sizes			Mercury
KABEKONA Hubbard 29007500	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye			All sizes		Mercury
KABETOGAMA St. Louis 69084500	Cisco	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Sauger		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
Yellow Perch	All sizes					
KABUSTASA St. Louis 69067900	Northern Pike		All sizes			Mercury
	Yellow Perch	All sizes				
KANE Lake 38065100	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

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Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
KATHERINE Lake 38053800	Northern Pike		All sizes			Mercury
	Yellow Perch	All sizes				
KAWISHIWI Lake 38008000	Northern Pike		All sizes			Mercury
	Walleye		shorter than 23"	23" or longer		Mercury
KELLER Ramsey 62001000	Bluegill Sunfish		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
KELLY St. Louis 69090100	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
KELSO Cook 16070600	Northern Pike		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
KEMO Cook 16018800	Lake Trout		All sizes			Mercury
	Splake	All sizes				
KIMBALL Crow Wing 18036100	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
KINOGAMI Cook 16037800	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
KITCHI Beltrami 04000700	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
KITIGAN Lake 38055900	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
KJOSTAD St. Louis 69074800	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
KNIFE Lake 38040400	Lake Trout		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
KORONIS Stearns 73020000	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Northern Pike		shorter than 30"	30" or longer		Mercury
	Redhorse Sucker	All sizes				
	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker	All sizes				
Yellow Perch		All sizes			Mercury	
KOWALSKI Lake 38001600	Northern Pike			All sizes		Mercury
KREIGLE Stearns 73009700	Northern Pike		All sizes			Mercury
KREMER Itasca 31064500	Rainbow Trout	All sizes				
LAC LA CROIX St. Louis 69022400	Lake Trout		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
Whitefish from this lake contain dioxin, a chemical that may cause cancer in humans. Meat and dairy products also contain dioxin. At this time, MDH does not provide meal advice based on dioxin in fish. Although mercury levels in whitefish are low, you can reduce your exposure to dioxin by choosing to eat a different species and following the consumption guidelines for that species.						
LAC LAVON Dakota 19044600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LAC QUI PARLE Lac Qui Parle 37004600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Bass	All sizes				
	Yellow Perch	All sizes				
LADY SLIPPER Lyon 42002000	Bullhead	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
LAKE OF THE ISLES Hennepin 27004000	Bluegill Sunfish		All sizes			PFOS
	Carp	All sizes				
	Crappie		All sizes			PFOS
	Largemouth Bass			All sizes		PFOS
	Northern Pike		All sizes			Mercury PFOS
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
LAKE OF THE WOODS Lake of the Woods 39000200	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Sauger		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
LANGTON Ramsey 62004900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LATIMER Todd 77010500	Crappie	All sizes				
	White Sucker	All sizes				
LATOKA Douglas 21010600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
LAWRENCE Cass 11005300	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
LAWRENCE Itasca 31023100	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker	All sizes				
	Walleye		shorter than 17"	17" or longer		Mercury
LAX Lake 38040600	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
LE HOMME DIEU Douglas 21005600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LEANDER St. Louis 69079600	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
LEECH Cass 11020300	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
LEIF Becker 03057500	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
LEMAY Dakota 19005500	Bluegill Sunfish		All sizes			PFOS
LEO Cook 16019800	Rainbow Trout	All sizes				
	Walleye		All sizes			Mercury
LEORA St. Louis 69052100	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				
LEWIS Kanabec 33003200	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LICHEN Cook 16038200	Walleye		All sizes			Mercury
LIGHTNING Grant 26028200	Carp	All sizes				
	Northern Pike	All sizes				
LILY Washington 82002300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
LINWOOD Anoka 02002600	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
LINWOOD St. Louis 69024800	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
LITTLE Chisago 13003300	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
LITTLE St. Louis 69005600	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
LITTLE ALDEN St. Louis 69013000	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
LITTLE BALL CLUB Itasca 31082200	Crappie	All sizes				
	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LITTLE BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31057500	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
LITTLE BASS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Pine 58012700	Northern Pike		All sizes			Mercury
LITTLE BEAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31015600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
LITTLE BIRCH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Todd 77008900	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
LITTLE BOY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11016700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
LITTLE CARNELIAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Washington 82001400	Northern Pike		All sizes			Mercury
LITTLE CASCADE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16034700	Northern Pike		shorter than 22"	22" or longer		Mercury
	Yellow Perch		All sizes			Mercury
LITTLE FLOYD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03038600	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
LITTLE HANGING HORN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carlton 09003500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LITTLE IRON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16035500	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
LITTLE JAY GOULD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31056600	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Yellow Perch	All sizes				
LITTLE JOHANNA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62005800	Bluegill Sunfish			All sizes		PFOS
	Crappie			All sizes		PFOS
LITTLE JOHN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16002600	Northern Pike		All sizes			Mercury
	Yellow Perch	All sizes				
LITTLE JOHNSON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69076000	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
LITTLE KNIFE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38022900	Lake Trout		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
LITTLE LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27017900	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
LITTLE LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69006600	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LITTLE LOON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69048400	Walleye			All sizes		Mercury
LITTLE MANTRAP	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29031300	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
LITTLE MCDONALD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56032800	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 24"	24" or longer		Mercury
	White Sucker	All sizes				
LITTLE PELICAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18035100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
LITTLE PINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56014200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
LITTLE ROCK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Benton 05001300	Crappie	All sizes				
	White Sucker	All sizes				
LITTLE SAGANAGA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16080900	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
LITTLE SAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69073200	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LITTLE SANDY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69072900	Northern Pike			All sizes		Mercury
LITTLE SPIRIT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Jackson 32002400	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
LITTLE TROUT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16017000	Lake Trout		All sizes			Mercury
LITTLE TROUT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69045500	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
LITTLE TROUT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69068200	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
	White Sucker	All sizes				
LITTLE VERMILION	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69060800	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 13"	13" or longer		Mercury
	Yellow Perch		All sizes			Mercury
LITTLE WILSON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38005100	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LITTLE WINNIBIGOSHISH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31085000	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
LITTLE WOLF	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11050500	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
LIZZ	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16019900	Brook Trout	All sizes				
LIZZIE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56076000	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
LOBSTER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Douglas 21014400	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
LOCATOR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69093600	Northern Pike		shorter than 17"	17" or longer		Mercury
LOCH NESS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Anoka 02058500	Sunfish	All sizes				
LOEB	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62023100	Bluegill Sunfish	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LOFT Cook 16003100	Brook Trout		All sizes			Mercury
LOITEN St. Louis 69087200	Largemouth Bass		shorter than 14"	14" or longer		Mercury
LOMOND Clearwater 15008100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
LONE Aitkin 01012500	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
LONG Big Stone 06002000	Carp	All sizes				
	Crappie		All sizes			Mercury
	Yellow Perch	All sizes				
LONG Cass 11014200	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
LONG Clearwater 15005700	Bluegill Sunfish	All sizes				
	Rainbow Trout	All sizes				
LONG Hennepin 27016000	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29016100	Bluegill Sunfish	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
	White Sucker	All sizes				
LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31057000	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 23"	23" or longer		Mercury
LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Kandiyohi 34006600	Northern Pike		shorter than 30"	30" or longer		Mercury
LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Kandiyohi 34019200	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47002600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Walleye		All sizes			Mercury
LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56038800	Northern Pike		All sizes			Mercury
LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56078400	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Pine 58010700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LONG Ramsey 62006700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
LONG St. Louis 69076500	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
LONG St. Louis 69085900	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
LONG Todd 77002700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Walleye		shorter than 22"	22" or longer		Mercury
	White Sucker	All sizes				
LONG LOST Clearwater 15006800	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
LONG TOM Big Stone 06002900	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
LONGYEAR St. Louis 69085700	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LOON Becker 03048900	Bluegill Sunfish	All sizes				
LOON Blue Earth 07009600	Crappie	All sizes				
LOON Cook 16044800	Lake Trout	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
LOON Itasca 31057100	Northern Pike		All sizes			Mercury
LOON Jackson 32002000	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
LOON St. Louis 69042600	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
LOON St. Louis 69047000	Cisco	All sizes				
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye			All sizes		Mercury
LOON Waseca 81001500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
LOST Lake 38000300	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LOST						
St. Louis 69055600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
LOTUS						
Carver 10000600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Walleye	All sizes				
LOUISE						
Washington 82002500	Bluegill Sunfish	All sizes				
LOUISE MILL POND						
Mower 50000100	Carp		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
LOW						
St. Louis 69007000	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
LOWER BOTTLE						
Hubbard 29018000	Northern Pike	All sizes				
	Sunfish	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
LOWER COMSTOCK						
St. Louis 69041202	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
LOWER CULLEN						
Crow Wing 18040300	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LOWER PANASA						
Itasca 31011200	Bullhead	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
LOWER PAUNESS						
St. Louis 69046400	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
LOWER PRIOR						
Scott 70002600	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
LOWER SAKATAH						
Rice 66004400	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Bass		All sizes			Mercury
	Yellow Perch	All sizes				
LOWER TRELIPE						
Cass 11012900	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
LOWER TWIN						
Wadena 80003000	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
LUCKY						
Itasca 31060300	Brown Trout		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
LUCY Carver 10000700	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
LUPUS Lake 38003800	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
LURA Blue Earth 07007900	Walleye	All sizes				
	Yellow Perch	All sizes				
LYNX St. Louis 69038300	Smallmouth Bass		shorter than 12"	12" or longer		Mercury
	Walleye			All sizes		Mercury
MADISON Blue Earth 07004400	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Bass		All sizes			Mercury
	White Sucker	All sizes				
Yellow Perch	All sizes					
MAHNOMEN, ALSTEAD & ARCO Crow Wing 18044000	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
MANTRAP Hubbard 29015100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
MANUELLA Meeker 47005000	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
MANY POINT Becker 03015800	Bluegill Sunfish	All sizes				
	Bowfin		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
MAPLE Douglas 21007900	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
MAPLE Meeker 47000100	Carp	All sizes				
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
MAPLE Polk 60030500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
MAPLE Todd 77018100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
MAPLE Wright 86013400	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
MARION Dakota 19002600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MARION McLeod 43008400	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
MARION Otter Tail 56024300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MARION St. Louis 69075500	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

MARK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16025000	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
MARQUETTE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04014200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
MARSH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Big Stone 06000100	Carp	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				
MARSH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16048800	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
MARTIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Anoka 02003400	Crappie	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
MARY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Douglas 21009200	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
MARY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Todd 77001900	Northern Pike		shorter than 31"	31" or longer		Mercury
MARY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Wright 86019300	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

MASHKENODE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69072500	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
MAUD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03050000	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
MAUDE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69059000	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
MAYHEW	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Benton 05000700	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
MAYHEW	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16033700	White Sucker	All sizes				
	Yellow Perch	All sizes				
MAYO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18040800	Northern Pike		All sizes			Mercury
MAZASKA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rice 66003900	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		shorter than 23"	23" or longer		Mercury
MCCARRON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62005400	Bluegill Sunfish		All sizes			PFOS
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
MCDONALD						
Cook 16023500	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
MCFARLAND						
Cook 16002700	White Sucker	All sizes				
	Yellow Perch	All sizes				
MCTON						
Scott 70005000	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
MEANDER						
St. Louis 69032900	Smallmouth Bass		All sizes			Mercury
MEDICINE						
Beltrami 04012200	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MEDICINE						
Hennepin 27010400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			PFOS
	Northern Pike		All sizes			Mercury
MEDITATION						
Cook 16058300	Brook Trout		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
MELISSA						
Becker 03047500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
MESABA						
Cook 16067300	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
MIDDLE MCDOUGAL						
Lake 38065800	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
MIDGE						
Hubbard 29006600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
MILLE LACS						
Mille Lacs 48000200	Burbot	All sizes				
	Carp	All sizes				
	Cisco	All sizes				
	Northern Pike	All sizes				
	Smallmouth Bass	All sizes				
	Sunfish	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
MILLER Carver 10002900	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
MILLS Blue Earth 07009700	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Yellow Perch	All sizes				
MILTONA Douglas 21008300	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
MINA Douglas 21010800	Bluegill Sunfish	All sizes				
	Largemouth Bass			All sizes		Mercury
MINERVA Clearwater 15007900	Bullhead	All sizes				
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
MINISTER St. Louis 69006500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
MINK Cook 16004600	Rainbow Trout	All sizes				
	Splake	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

MINNETONKA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27013300	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
MINNEWASHTA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10000900	Bluegill Sunfish	All sizes				
	Bullhead			All sizes		Mercury
	Northern Pike			All sizes		Mercury
MINNEWASKA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Pope 61013000	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
MINNEWAWA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01003300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike	All sizes				
	Walleye			All sizes		Mercury
MINNIE-BELLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47011900	Bluegill Sunfish	All sizes				
	Bullhead			All sizes		Mercury
	Largemouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
MINNTAC TAILINGS BASIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69000000	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
MIT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16019300	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
MITAWAN Lake 38056100	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MITCHELL Hennepin 27007000	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
MITCHELL Sherburne 71008100	Bluegill Sunfish	All sizes				
	Carp		All sizes			PCBs
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
MOBERG St. Louis 69084700	Northern Pike		All sizes			Mercury
MONONGALIA Kandiyohi 34015800	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		shorter than 26"	26" or longer		Mercury
MOORE Cook 16048900	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
MOOSE Beltrami 04001100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MOOSE Cook 16004300	Lake Trout		All sizes			Mercury
	Lake Whitefish	All sizes				
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

MOOSE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31072200	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				
MOOSE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Koochiching 36000800	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
MOOSE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38064400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 27"	27" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
MOOSE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69075000	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
MOOSE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69080600	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MOOSEHEAD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carlton 09004100	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MOOSEHORN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16001500	Splake		All sizes			Mercury
MORGAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16022000	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
MOSES						
Douglas 21024500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MOSS						
Cook 16023400	White Sucker	All sizes				
MOULTON						
Aitkin 01021200	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		shorter than 14"	14" or longer		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
MOUNTAIN						
Cook 16009300	Lake Trout		All sizes			Mercury
	White Sucker	All sizes				
MOUNTAIN						
Cottonwood 17000300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MOVIL						
Beltrami 04015200	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
MUCKWA						
St. Louis 69015900	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

MUD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Traverse 78002400	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Yellow Perch	All sizes				
MUKOODA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69068400	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
MULE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11020000	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Smallmouth Bass	All sizes				
	Walleye	All sizes				
MURPHY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56022900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
MURPHY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69064600	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
MURPHY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Scott 70001000	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Largemouth Bass		All sizes			Mercury
	Sauger		All sizes			Mercury
MUSKRAT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03036000	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
MUSQUASH						
Cook 16010400	Splake	All sizes				
	White Sucker	All sizes				
MYRTLE						
St. Louis 69074900	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
NAMAKAN						
St. Louis 69069300	Cisco	All sizes				
	Crappie	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike		shorter than 26"	26" or longer		Mercury
	Rock Bass		All sizes			Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	Yellow Perch		All sizes			Mercury
NELS						
St. Louis 69008000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 18"	18" or longer		Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
NEST						
Kandiyohi 34015400	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
NET						
St. Louis 69075700	Northern Pike		All sizes			Mercury
NEWFOUND						
Lake 38061900	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
NEWMAN Hubbard 29023700	Rainbow Trout	All sizes				
NEWTON Lake 38078400	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
NICADO Lake 38023000	Northern Pike		All sizes			Mercury
NICKEL Lake 38070500	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
NIGH St. Louis 69045700	Northern Pike		All sizes			Mercury
	Walleye		shorter than 13"	13" or longer		Mercury
	White Sucker		All sizes			Mercury
NINEMILE Lake 38003300	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
NIPISQUIT Lake 38023200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
NOKAY Crow Wing 18010400	Bluegill Sunfish		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye	All sizes				
NOKOMIS Hennepin 27001900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
NORTH						
Cook 16033100	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
NORTH CENTER						
Chisago 13003200	Bullhead	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
NORTH FOWL						
Cook 16003600	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
NORTH LIDA						
Otter Tail 56074701	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Rock Bass	All sizes				
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
NORTH LONG						
Crow Wing 18037200	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
NORTH MCDOUGAL						
Lake 38068600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
NORTH STAR Itasca 31065300	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
NORTH STAR STEEL Ramsey 62023700	Bluegill Sunfish	All sizes				
	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike	All sizes				
NORTH TURTLE Otter Tail 56037900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
NORTH TWIN Mahnommen 44002300	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
NORTH TWIN St. Louis 69041900	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
NORTHERN LIGHT Cook 16008900	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Sunfish	All sizes				
	Walleye			All sizes		Mercury
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
NORWAY						
Kandiyohi 34025100	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
NOSE						
Itasca 31041700	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
OAK						
Carver 10009300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
OAK						
Pine 58004800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
O'BRIEN						
Itasca 31003200	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
O'BRIEN RES. #4						
Itasca 31122500	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
OCHEDA						
Nobles 53002400	Carp	All sizes				
	Walleye	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

O'DOWD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Scott 70009500	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
OGISHKEMUNCIE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38018000	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
OJIBWAY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38064000	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
OKABENA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Nobles 53002800	Crappie	All sizes				
	Sunfish	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
OLAF	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56095000	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	Mercury
OLE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69017500	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

O'LEARY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69068500	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
OLIVER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Swift 76014600	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
OLSON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Washington 82010300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
ONE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38060500	Northern Pike		shorter than 32"	32" or longer		Mercury
	Walleye		All sizes			Mercury
ONE PINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69006100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
ORCHARD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Dakota 19003100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
ORGAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38006700	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

ORINIACK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69058700	Northern Pike		shorter than 27"	27" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
ORONO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sherburne 71001300	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass	All sizes				
ORWELL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56094500	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
OSAKIS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Todd 77021500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
OSCAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Douglas 21025700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
OSIER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38042000	Yellow Perch		All sizes			Mercury
OSLO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69083800	Northern Pike		shorter than 16"	16" or longer		Mercury
OSSAWINNAKEE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18035200	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

OTTER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Anoka 02000300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
OTTER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16003200	Northern Pike			All sizes		Mercury
OTTER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
McLeod 43008500	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
OTTER TAIL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56024200	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
OTTERTRACK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38021100	Lake Trout		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye		All sizes			Mercury
OTTO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69014400	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

OWASSO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62005600	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
OX HIDE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31010600	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
OYSTER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69033000	Northern Pike		shorter than 22"	22" or longer		Mercury
PAPOOSE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18020600	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
PARENT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38052600	Cisco	All sizes				
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 23"	23" or longer		Mercury
	White Sucker	All sizes				
PARK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carlton 09002900	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
PARKERS Hennepin 27010700	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
PARLEY Carver 10004200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
PAULINE St. Louis 69058800	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
PEARL Stearns 73003700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
PEARY St. Louis 69083300	Northern Pike		All sizes			Mercury
PEBBLE Otter Tail 56082900	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Walleye		shorter than 19"	19" or longer		Mercury
PELICAN Crow Wing 18030800	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Sunfish	All sizes				
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
PELICAN						
Grant 26000200	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
PELICAN						
Otter Tail 56078600	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
PELICAN						
Pope 61011100	Bluegill Sunfish	All sizes				
	White Sucker	All sizes				
PELICAN						
St. Louis 69084100	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
PELICAN						
Stearns 73011800	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
PELTIER						
Anoka 02000400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Sunfish	All sizes				
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

PENN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27000400	Carp	All sizes				
PENNINGTON MINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18043900	Rainbow Trout	All sizes				
PEQUAYWAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69001100	Walleye		All sizes			Mercury
PERCH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carlton 09003600	Northern Pike		All sizes			Mercury
PERCH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18037100	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
PERCH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lincoln 41006700	Bullhead	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
PERCH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69005800	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
PERCH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69093200	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
PERENT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38022000	Walleye		All sizes			Mercury
PERRY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18018600	Northern Pike	All sizes				
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

PFEIFFER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69067100	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
PHALEN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62001300	Bluegill Sunfish		All sizes			PFOS
	Carp	All sizes				
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
	Northern Pike		All sizes			Mercury PFOS
	Walleye				All sizes	Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
PHOEBE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16080800	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
PICKEREL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01018200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
PICKEREL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16009700	White Sucker	All sizes				
PICKEREL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29017800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

PICKEREL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38074100	Northern Pike		All sizes			Mercury
	Walleye		shorter than 23"	23" or longer		Mercury
	White Sucker	All sizes				
PICKEREL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56047500	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
PICKET	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69007900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
PICKET	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69059100	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
PIERSONS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10005300	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike	All sizes				
PIERZ	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Morrison 49002400	Bluegill Sunfish	All sizes				
	White Sucker	All sizes				
PIKE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16025200	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

PIKE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38067000	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				

PIKE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69049000	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

PIKE BAY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11041500	Cisco	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

Whitefish from this lake contain dioxin, a chemical that may cause cancer in humans. Meat and dairy products also contain dioxin. At this time, MDH does not provide meal advice based on dioxin in fish. Although mercury levels in whitefish are low, you can reduce your exposure to dioxin by choosing to eat a different species and following the consumption guidelines for that species.

PIKE RIVER FLOWAGE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69058000	Northern Pike		shorter than 23"	23" or longer		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

PIMUSHE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04003200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury

PINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Clearwater 15014900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				

PINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16004100	Lake Whitefish	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

PINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16019400	Brook Trout		All sizes			Mercury
	Splake	All sizes				
	White Sucker	All sizes				
PINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69000100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
PINE MOUNTAIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11041100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Cisco	All sizes				
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
PINE MOUNTAIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16010800	Brook Trout	All sizes				
PIT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16015500	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
PLANTAGENET	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29015600	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
PLANTATION	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31043900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
PLATTE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18008800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

PLEASANT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11038300	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

PLEASANT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62004600	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Redhorse Sucker	All sizes				
	Smallmouth Bass	All sizes				
	Walleye		All sizes			Mercury
	White Bass		All sizes			Mercury

PLEASANT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69065500	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

PLEASANT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Wright 86025100	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

POKEGAMA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31053200	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

POKEGAMA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Pine 58014200	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
POLLY Lake 38010400	Northern Pike		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
POMME DE TERRE Grant 26009700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Walleye		All sizes			Mercury
POPLAR Cook 16023900	Lake Whitefish		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
PORTAGE Cass 11020400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
PORTAGE Cass 11047600	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 27"	27" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
PORTAGE Cook 16032700	Splake	All sizes				
	White Sucker	All sizes				
PORTAGE Crow Wing 18005000	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

PORTAGE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29025000	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
PORTSMOUTH MINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18043700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Rainbow Trout	All sizes				
POTATO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29024300	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	Rock Bass	All sizes				
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
POWDERHORN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27001400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
POWERS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Washington 82009200	Bluegill Sunfish		All sizes			Mercury PFOS
	Crappie		All sizes			PFOS
	Northern Pike			All sizes		Mercury PFOS
	Yellow Perch		All sizes			PFOS
PRAIRIE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31038400	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
PRAIRIE Otter Tail 56091500	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 24"	24" or longer		Mercury
	White Sucker	All sizes				
PRAIRIE St. Louis 69084800	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		shorter than 32"	32" or longer		Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	White Sucker	All sizes				
PRESTON Renville 65000200	Carp	All sizes				
	Crappie	All sizes				
PULASKI Wright 86005300	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
QUADGA Lake 38059600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
QUARTERLINE St. Louis 69086900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike		shorter than 18"	18" or longer		Mercury
QUILL St. Louis 69087100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Largemouth Bass		All sizes			Mercury
RABBIT Aitkin 01009100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

RABBIT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18009300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 23"	23" or longer		Mercury
RABBIT (EAST PORTION)	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18009301	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 26"	26" or longer		Mercury
	Walleye			All sizes		Mercury
RABBIT (WEST PORTION)	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18009302	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
RABIDEAU	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04003400	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
RAINY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69069400	Burbot		All sizes			Mercury
	Crappie		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike		shorter than 28"	28" or longer		Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
RAM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16017400	Rainbow Trout	All sizes				
	White Sucker	All sizes				
RAMSEY MILL POND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Mower 50000400	Carp	All sizes				
	Redhorse Sucker		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
RAMSHEAD St. Louis 69033900	Northern Pike		All sizes			Mercury
RANIER Itasca 31066400	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
RAVINE Washington 82008700	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
REBECCA Dakota 19000300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
REBECCA Hennepin 27019200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Walleye		All sizes			Mercury
RED (UPPER RED) Beltrami 04003501	Crappie		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
RED LAKE RIVER RES. Pennington 57005100	Northern Pike		All sizes			Mercury
	Rock Bass	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				

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Meal Advice

RED ROCK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16079300	Lake Whitefish	All sizes				
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury

RED ROCK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Douglas 21029100	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

RED ROCK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27007600	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
	Northern Pike		All sizes			Mercury

RED SAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18038600	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Sunfish	All sizes				
	Yellow Perch	All sizes				

REDSKIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38044000	Brook Trout	All sizes				
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
REDWOOD						
Redwood 64005800	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
REEDS						
Waseca 81005500	Northern Pike		All sizes			Mercury
REITZ						
Carver 10005200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
RENO						
Pope 61007800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
RICE						
Cook 16045300	White Sucker	All sizes				
	Yellow Perch	All sizes				
RICE						
Crow Wing 18014500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
RICE						
Faribault 22000700	Bullhead	All sizes				
	Carp	All sizes				
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

RICE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31071700	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
RICE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Stearns 73019600	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
RICHARDSON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47008800	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
RILEY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10000200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			shorter than 21"	21" or longer	
RINGO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Kandiyohi 34017200	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
RIPLEY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47013400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
RIPPLE						
Aitkin 01014600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
ROBERDS						
Rice 66001800	Carp	All sizes				
	Crappie	All sizes				
ROCK						
Lyon 42005200	Carp	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				
ROCK						
Pine 58000700	Bluegill Sunfish	All sizes				
ROD SMITH POND						
Koochiching 36007800	Northern Pike		All sizes			Mercury
	Rainbow Trout	All sizes				
ROGERS						
Dakota 19008000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
ROSE						
Cook 16023000	Lake Trout			All sizes		Mercury
ROSE						
Otter Tail 56036000	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
ROUND						
Aitkin 01007000	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

ROUND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01020400	Carp	All sizes				
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			shorter than 22"	22" or longer	
ROUND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16060600	Northern Pike		All sizes			Mercury
	Smallmouth Bass	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
ROUND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18037300	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
ROUND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27007100	Bluegill Sunfish		All sizes			PFOS
	Bullhead	All sizes				
	Largemouth Bass		All sizes			PFOS
	Walleye			All sizes		Mercury
ROUND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31089600	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
ROUND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Jackson 32006900	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
RUBY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31042200	Northern Pike		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

RUSH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Chisago 13006900	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
RUSH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16029900	Northern Pike			All sizes		Mercury
RUSH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56014100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
RUTH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18021200	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
RYAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69083500	Northern Pike			All sizes		Mercury
SABIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69043401	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Walleye			All sizes		Mercury
SABRE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Le Sueur 40001400	Northern Pike		All sizes			Mercury
	White Bass		All sizes			Mercury
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
SAGANAGA						
Cook 16063300	Lake Trout		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike		shorter than 30"	30" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
SAGATAGAN						
Stearns 73009200	Northern Pike		All sizes			Mercury
SALLIE						
Becker 03035900	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
SALO						
St. Louis 69003600	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	White Sucker	All sizes				
SAND						
Carlton 09001600	Bluegill Sunfish	All sizes				
	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike		shorter than 26"	26" or longer		Mercury
	White Sucker	All sizes				

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SAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31082600	Bullhead	All sizes				
	Crappie	All sizes				
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
SAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38073500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
SAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69073600	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
SAND POINT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69061700	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	Yellow Perch		All sizes			Mercury
SANDPIT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38078600	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye			All sizes		Mercury
SANDY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04012400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
SARAH Hennepin 27019100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
SARAH Murray 51006300	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp	All sizes				
	Walleye	All sizes				
SAUK Todd 77015000	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
SAWBILL Cook 16049600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike		All sizes			Mercury
SCANDINAVIAN Pope 61004100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
SCHOOLCRAFT Hubbard 29021500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
SEA GULL Cook 16062900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Cisco	All sizes				
	Lake Trout		All sizes			Mercury
	Northern Pike		shorter than 30"	30" or longer		Mercury
	Walleye		shorter than 21"	21" or longer		Mercury

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County DOWID*

Meal Advice

SEBIE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18016100	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
SECOND FULDA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Murray 51002000	Bluegill Sunfish	All sizes				
	Carp	All sizes				
SECTION 29	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38029200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
SECTION TWELVE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38071400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Walleye		All sizes			Mercury
SERPENT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18009000	Bluegill Sunfish	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				
SEVEN BEAVER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69000200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
SEWELL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56040800	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
SHAGAWA						
St. Louis 69006900	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
SHAKOPEE						
Mille Lacs 48001200	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
SHALLOW						
Itasca 31008400	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
SHAMINEAU						
Morrison 49012700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
SHANNON						
St. Louis 69092500	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
SHAOKOTAN						
Lincoln 41008900	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
SHELL						
Becker 03010200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
SHETEK						
Murray 51004600	Buffalo	All sizes				
	Carp	All sizes				
	Channel Catfish	All sizes				
	Crappie	All sizes				
	White Sucker	All sizes				
SHIELDS						
Rice 66005500	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
SHINGOBEE						
Hubbard 29004300	Northern Pike		All sizes			Mercury
SHOE						
Cook 16008000	Brook Trout	All sizes				
	Splake	All sizes				
SIDE						
St. Louis 69093300	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
SIGNALNESS						
Pope 61014900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
SILVER						
Olmsted 55000300	Carp	All sizes				
	Channel Catfish		All sizes			Mercury
	Crappie	All sizes				
	Redhorse Sucker	All sizes				
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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SILVER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62000100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
SILVER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Ramsey 62008300	Bullhead	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
SILVER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69066200	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
SILVER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Wright 86014000	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
SILVER ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38021900	Crappie		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
SIMLEY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Dakota 19003700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
SIX MILE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11014600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
SIX MILE						
St. Louis 69084000	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
SLATE						
Lake 38066600	Northern Pike		All sizes			Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
SLEEPY EYE						
Brown 08004500	Northern Pike	All sizes				
	Yellow Perch	All sizes				
SLETTEN						
St. Louis 69008400	Largemouth Bass		All sizes			Mercury
SLIM						
St. Louis 69018100	Northern Pike			All sizes		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
SMETANA						
Hennepin 27007300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
SMITH						
Douglas 21001600	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		shorter than 24"	24" or longer		Mercury
SNAIL						
Ramsey 62007300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

SNELLING	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27000100	Bluegill Sunfish		All sizes			PFOS
	Carp	All sizes				
	Northern Pike		All sizes			Mercury PFOS
SNIDER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Mahnomens 44004500	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
SNOWBALL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31010800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		shorter than 25"	25" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
SNOWBANK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38052900	Burbot		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
SOUTH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16024400	Lake Trout		All sizes			Mercury
SOUTH CENTER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Chisago 13002700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
SOUTH FARM	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38077800	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye		shorter than 22"	22" or longer		Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
SOUTH FOWL Cook 16003400	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
SOUTH LIDA Otter Tail 56074702	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Walleye		All sizes			Mercury
SOUTH LINDSTROM Chisago 13002800	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike	All sizes				
SOUTH MCDOUGAL Lake 38065900	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
SOUTH TWIN Beltrami 04005300	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	White Sucker	All sizes				
SOUTH TWIN Mahnommen 44001400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Rock Bass		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
Yellow Perch	All sizes					

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
SOUTH TWIN						
St. Louis 69042000	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
SPIDER						
Hubbard 29011700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
SPIRIT						
Aitkin 01017800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
SPITZER						
Otter Tail 56016000	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
SPLIT HAND						
Itasca 31035300	Cisco	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
SPLIT ROCK RES.						
Pipestone 59000100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
SPRING						
Meeker 47003200	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
SPRING						
St. Louis 69076100	Lake Trout			All sizes		Mercury
	Lake Whitefish	All sizes				
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		shorter than 15"	15" or longer		Mercury
	Yellow Perch		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
SPRING						
Scott 70005400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				
SPURZEM						
Hennepin 27014900	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
SQUARE						
Lake 38007400	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
SQUARE						
Washington 82004600	Northern Pike		All sizes			Mercury
	Yellow Perch	All sizes				
SQUINT						
Cook 16020200	Walleye		All sizes			Mercury
ST. JAMES						
Watsonwan 83004300	Bluegill Sunfish	All sizes				
STAHL'S						
McLeod 43010400	Northern Pike		All sizes			Mercury
STALKER						
Otter Tail 56043700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

STAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16040500	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
STAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47012900	Bullhead	All sizes				
	Crappie		All sizes			Mercury
STAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56038500	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Rock Bass	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
Yellow Perch	All sizes					
STARING	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27007800	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
STEAMBOAT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11050400	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
STEIGER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10004500	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
STELLA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Meeker 47006800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
STEVENS						
Cass 11011600	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
STOCKING						
Wadena 80003700	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
STONY						
Cass 11037100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass	All sizes				
	Walleye		All sizes			Mercury
STRAIGHT						
Becker 03001000	Bluegill Sunfish	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
STRAND						
St. Louis 69052900	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
STRAWBERRY						
Becker 03032300	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
STUART						
Otter Tail 56019100	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
STUART						
St. Louis 69020500	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
STUMP						
Beltrami 04013001	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
STURGEON						
Pine 58006700	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
STURGEON						
St. Louis 69093900	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
SUCKER						
Lake 38053000	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
SUCKER						
Ramsey 62002800	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

SUGAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11002600	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
SUGAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Wright 86023300	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike	All sizes				
SULLIVAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Morrison 49001600	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
SUNRISE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Chisago 13003100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
SUNSET POND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Dakota 19045100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
SURPRISE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38055000	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
SUSAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10001300	Bluegill Sunfish	All sizes				
	Carp	All sizes				
SUSAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69074100	Crappie	All sizes				
	Walleye		All sizes			Mercury
SWAMP	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16021500	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

SWAMPER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16012800	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
SWAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16026800	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
SWAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31006700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
SWAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
McLeod 43004000	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
SWAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56078100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
SWEDE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10009500	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Yellow Perch	All sizes				
SWEENEY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27003501	Largemouth Bass		All sizes			PFOS
SWENSON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Beltrami 04008500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

SYBIL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56038700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
SYLVAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11030400	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 25"	25" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
SYLVANIA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38039500	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
T	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38006600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
TAIT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16038400	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
TAKUCMICH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69036900	Cisco		All sizes			Mercury
	Lake Trout		shorter than 26"	26" or longer		Mercury
TALCOT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cottonwood 17006000	Carp	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				
TAMARACK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03024100	Bluegill Sunfish	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
TAMARACK						
Carlton 09006700	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
TAMARACK						
Pine 58002400	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
TANNERS						
Washington 82011500	Bluegill Sunfish		All sizes			PFOS
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
	Northern Pike		All sizes			Mercury
TEE						
St. Louis 69008300	Yellow Perch		All sizes			Mercury
TEN MILE						
Cass 11041300	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Lake Whitefish	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Rock Bass	All sizes				
	Smallmouth Bass	All sizes				
	Sunfish		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
TEN MILE						
Otter Tail 56061300	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
TENTH CROW WING						
Hubbard 29004500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
TETAGOUCHE						
Lake 38023100	Northern Pike		All sizes			Mercury
TETONKA						
Le Sueur 40003100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Bass		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
TEUFER						
Koochiching 36001900	Walleye		All sizes			Mercury
THIRD CROW WING						
Hubbard 29007700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	Redhorse Sucker	All sizes				
	Walleye		All sizes			Mercury
THISTLEDEW						
Itasca 31015800	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
THOLE/SCHNEIDER Scott 70012000	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
THOMAS Lake 38035100	Cisco		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
THOMPSON Dakota 19004800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Sunfish	All sizes				
THRASHER Cook 16019200	Brook Trout		All sizes			Mercury
	Splake		All sizes			Mercury
THREE Lake 38060000	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
THREE ISLAND Beltrami 04013400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
THUNDERBIRD Lake 38003100	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
TIMBER Cook 16065400	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
TOAD Becker 03010700	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
TOM Cook 16001900	Lake Whitefish	All sizes				
	Walleye		shorter than 21"	21" or longer		Mercury
	Yellow Perch	All sizes				
TOOHEY Cook 16064500	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
TOOTH St. Louis 69075600	Northern Pike			All sizes		Mercury
TRAVERSE Traverse 78002500	Bluegill Sunfish	All sizes				
	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike	All sizes				
	Walleye			All sizes		Mercury
	White Bass			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
TRIANGLE Lake 38071500	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
TRILLIUM Cass 11027000	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
TROUT Cook 16004900	Cisco		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Rainbow Trout	All sizes				
	Yellow Perch		All sizes			Mercury
TROUT Itasca 31021600	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
TROUT Itasca 31041000	Bluegill Sunfish	All sizes				
	Lake Trout		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
TROUT St. Louis 69049800	Cisco	All sizes				
	Lake Trout		All sizes			Mercury
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Rock Bass	All sizes				
	Walleye		All sizes			Mercury
TURTLE Beltrami 04015900	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
TURTLE Itasca 31072500	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
TURTLE Ramsey 62006100	Carp	All sizes				
	Northern Pike		All sizes			Mercury
TURTLE RIVER Beltrami 04011100	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
TWIN Hennepin 27004200	Bluegill Sunfish			All sizes		PFOS
	Carp		All sizes			PCBs
	Crappie			All sizes		PFOS
	Largemouth Bass			All sizes		PFOS
	Northern Pike		All sizes			Mercury
TWIN St. Louis 69016300	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
TWO Lake 38060800	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
TWO INLETS						
Becker 03001700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Redhorse Sucker	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
TWO ISLAND						
Cook 16015600	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
TWO RIVERS						
Stearns 73013800	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
UNION						
Wright 86029800	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
UNNAMED(JACKSON)						
Washington 82030500	Crappie		All sizes			PFOS
UPPER BOTTLE						
Hubbard 29014800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

UPPER COMSTOCK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69041201	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 12"	12" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
UPPER CONE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16041200	Northern Pike		shorter than 21"	21" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
UPPER DEAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18017000	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
UPPER HAY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18041200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
UPPER PANASA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31011100	Bullhead	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				
UPPER PAUNESS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69046500	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
UPPER PINE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Pine 58013000	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

UPPER PRIOR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Scott 70007200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
UPPER SAKATAH	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Le Sueur 40000200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	White Bass		All sizes			Mercury
	Yellow Perch	All sizes				
UPPER TWIN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hubbard 29015700	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
VALLEY (unnamed)	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Dakota 19034800	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
VERA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38049100	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
VERMILION						
St. Louis 69037800	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
VERMILLION						
Cass 11002900	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
VERNON						
Cook 16026700	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
VICTORIA						
Douglas 21005400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
VILLARD						
Pope 61006700	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
VIRGINIA						
Carver 10001500	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
VIRGINIA						
St. Louis 69066300	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
VISTA Cook 16022400	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
VOLNEY Le Sueur 40003300	Buffalo	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
WABANA Itasca 31039200	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
WABEDO Cass 11017100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
WABOOSE Hubbard 29009800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
WACONIA Carver 10005900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Muskellunge				All sizes	Mercury
	Northern Pike				All sizes	Mercury
Walleye			shorter than 22"	22" or longer		Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
WAKEFIELD						
Ramsey 62001100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
WALKER						
Otter Tail 56031000	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
WALL						
Otter Tail 56065800	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
WALNUT						
Faribault 22002300	Carp	All sizes				
	Crappie	All sizes				
	Yellow Perch	All sizes				
WAMPUS						
Cook 16019600	Yellow Perch		All sizes			Mercury
WANLESS						
Lake 38004900	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
WAR CLUB						
St. Louis 69093700	Northern Pike		shorter than 23"	23" or longer		Mercury
WARNER						
Stearns 73001100	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
WASHBURN						
Cass 11005900	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
WASHINGTON						
Le Sueur 40011700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
WASHINGTON						
Meeker 47004600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
WASSERMANN						
Carver 10004800	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
WATONWAN						
Lake 38007900	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
WAUKENABO						
Aitkin 01013600	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
WAVERLY						
Wright 86011400	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			PCBs
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
WEAVER						
Hennepin 27011700	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
WEBB						
Cass 11031100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
WELLS						
Rice 66001000	Walleye		All sizes			Mercury
	White Bass		All sizes			Mercury
WENCH						
Cook 16039800	Brook Trout		All sizes			Mercury
WEST BATTLE						
Otter Tail 56023900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
WEST CHUB						
Lake 38067500	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
WEST FOX						
Crow Wing 18029700	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
WEST GRAHAM						
Nobles 53002100	Carp	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				
WEST LAKE SYLVIA						
Wright 86027900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
WEST LEAF						
Otter Tail 56011400	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
WEST PIKE						
Cook 16008600	Lake Trout		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
WEST POPE						
Cook 16034100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
WEST ROBINSON						
St. Louis 69021700	Northern Pike		All sizes			Mercury
WEST SILENT						
Otter Tail 56051900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
WEST TWO RIVERS RES.						
St. Louis 69099400	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
WHALETAIL						
Hennepin 27018400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	White Sucker	All sizes				
WHISKEY						
Douglas 21021600	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
WHISPER						
St. Louis 69005900	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
WHITE BEAR						
Washington 82016700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
WHITE EARTH						
Becker 03032800	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
WHITE IRON						
St. Louis 69000400	Cisco	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 26"	26" or longer		Mercury
	Rock Bass		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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WHITE PINE						
Cook 16036900	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
WHITE SWAN						
Itasca 31026000	Northern Pike		All sizes			Mercury
WHITEFACE RES.						
St. Louis 69037500	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		shorter than 25"	25" or longer		Mercury
	Rock Bass		All sizes			Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
WHITEFISH						
Crow Wing 18031000	Bluegill Sunfish	All sizes				
	Lake Whitefish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
WHITEFISH						
Lake 38006000	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
WHITEWATER						
St. Louis 69037600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury

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LAKE NAME

County DOWID*

Meal Advice

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WILD RICE						
St. Louis 69037100	Bluegill Sunfish		All sizes			PFOS
	Crappie		All sizes			PFOS
	Northern Pike		All sizes			Mercury PFOS
	Walleye		All sizes			Mercury PFOS
	White Sucker	All sizes				
	Yellow Perch	All sizes				
WILLIAMS						
Hubbard 29001500	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
WILLMAR						
Kandiyohi 34018000	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
	White Sucker	All sizes				
WILLOW RESERVOIR 4						
Olmsted 55002000	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
WILLOW RESERVOIR 6A						
Olmsted 55002100	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	White Sucker		All sizes			Mercury
WILSON						
Lake 38004700	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
WINCHELL						
Cook 16035400	Lake Trout			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
WINCHESTER						
St. Louis 69069000	Bluegill Sunfish		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	White Sucker	All sizes				
WINDIGO						
Beltrami 04004800	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
WINDY						
Lake 38006800	Lake Whitefish		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Rock Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
WINE						
Cook 16068600	Lake Trout		All sizes			Mercury
WINNIBIGOSHISH						
Cass 11014700	Bullhead	All sizes				
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	Yellow Perch	All sizes				
WINONA						
Douglas 21008100	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	White Sucker	All sizes				
WINONA						
Winona 850011	Crappie	All sizes				

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LAKE NAME

County DOWID*

Meal Advice

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WINONA						
Winona 85001100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Walleye	All sizes				
WINSTED						
McLeod 43001200	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
WIRTH						
Hennepin 27003700	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				
WOLF						
Becker 03010100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
WOLF						
Beltrami 04007900	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
WOLF						
Itasca 31015200	Crappie	All sizes				
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

WOLF	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69014300	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	White Sucker		All sizes			Mercury
WOLF	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69016100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
WOLF	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69058200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
WOMAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11020100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				
WOOD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Watonwan 83006000	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
WYE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38004200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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Fish Consumption Guidelines for the General Population, Lakes



LAKE NAME

County DOWID*

Meal Advice

WYNNE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
St. Louis 69043402	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 13"	13" or longer		Mercury
ZUMBRA-SUNNY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10004100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
ZUMBRO	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Olmsted 55000400	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			Mercury PFOS
	Northern Pike		All sizes			Mercury

More information:

See Information at:

MN DNR fishing regulations	http://www.dnr.state.mn.us/regulations/fishing/index.html
PFOS - Perfluorooctane sulfonate	http://www.health.state.mn.us/divs/eh/hazardous/topics/pfcs/index.html
PCBs - Polychlorinated biphenyls	http://www.health.state.mn.us/divs/eh/fish/faq.html
Meal Advice	http://www.health.state.mn.us/divs/eh/fish/eating/meal.html
Mercury	http://www.health.state.mn.us/divs/eh/fish/faq.html
Dioxin	http://www.health.state.mn.us/divs/eh/risk/chemhazards/dioxins

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