

# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>ADA</b> Cass 11025000	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		shorter than 24"	24" or longer		Mercury
<b>ADAMS</b> Lake 38015300	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>ADLEY</b> Otter Tail 56003100	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>AGATE</b> Cass 11021600	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>AGNES</b> Douglas 21005300	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	White Sucker	All sizes				
<b>AGNES</b> St. Louis 69083000	Northern Pike			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>AITKIN</b> Aitkin 01004000	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury

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<b>ALBERT LEA</b> Freeborn 24001400	Buffalo	All sizes				
	Carp	All sizes				
	Channel Catfish		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
<b>ALDEN</b> St. Louis 69013100	Crappie			All sizes		Mercury
	Redhorse Sucker			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>ALDER</b> Cook 16011400	Lake Trout		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>ALEXANDER</b> Morrison 49007900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>ALGER</b> Lake 38005400	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>ALIMAGNET</b> Dakota 19002100	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
<b>ALPINE</b> Cook 16075900	Lake Whitefish		All sizes			Mercury
	Walleye			shorter than 22"	22" or longer	Mercury
<b>ALTON</b> Cook 16062200	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye		shorter than 14"	14" - 23"	23" or longer	Mercury

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<b>AMBER</b> Lake 38033600	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>AMELIA</b> Pope 61006400	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>ANDREW</b> Douglas 21008500	Northern Pike		shorter than 18"	18" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>ANDREW</b> Kandiyohi 34020600	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Freshwater Drum		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	
<b>ANDRUSIA</b> Beltrami 04003800	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		shorter than 21"	21" 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
<b>ANN</b> Carver 10001200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>ANN</b> Kanabec 33004000	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				

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<b>ANN</b> Wright 86019000	Carp		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>ANNA</b> Otter Tail 56044800	Bluegill Sunfish		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>ARMSTRONG</b> St. Louis 69027800	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
	White Sucker		All sizes			Mercury
<b>ARTICHOKE</b> Big Stone 06000200	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>ARVILLA</b> Meeker 47002300	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>ASH</b> St. Louis 69086400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>ASPEN</b> Cook 16020400	Northern Pike		shorter than 18"	18" - 35"	35" or longer	Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	Yellow Perch			All sizes		Mercury

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<b>ASPEN</b> Itasca 31069000	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>ASTRID</b> St. Louis 69058900	Northern Pike			shorter than 19"	19" or longer	Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>AUBURN</b> Carver 10004400	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
<b>AUGUST</b> Lake 38069100	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>AUTO</b> St. Louis 69073100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BABY</b> Cass 11028300	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>BAD MEDICINE</b> Becker 03008500	Northern Pike		All sizes			Mercury
	Rainbow Trout	All sizes				
	Rock Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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<b>BALD EAGLE</b> Ramsey 62000200	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
<b>BALL BLUFF</b> Aitkin 01004600	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>BALL CLUB</b> Cook 16018200	Northern Pike		All sizes			Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>BALL CLUB</b> Itasca 31081200	Cisco	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>BALM</b> Beltrami 04032900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>BALSAM</b> Itasca 31025900	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BALSAM</b> Lake 38024500	Brook Trout			All sizes		Mercury
	White Sucker		All sizes			Mercury

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<b>BAN</b> St. Louis 69074200	Bluegill Sunfish			All sizes		Mercury
	Crappie			All sizes		Mercury
	Northern Pike			shorter than 24"	24" or longer	Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	<b>BARKER</b> Cook 16035800	Northern Pike			All sizes	
Walleye				All sizes		Mercury
Yellow Perch			All sizes			Mercury
<b>BARRETT</b> Grant 26009500		Crappie		All sizes		
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>BARTLETT</b> Koochiching 36001800	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	<b>BASS</b> Faribault 22007400	Bluegill Sunfish	All sizes			
Northern Pike			All sizes			Mercury
Walleye			All sizes			Mercury
<b>BASS</b> Itasca 31031600		Largemouth Bass			All sizes	
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	<b>BASS</b> Itasca 31057600	Bluegill Sunfish		All sizes		
Cisco			All sizes			Mercury
Northern Pike				All sizes		Mercury
Walleye				All sizes		Mercury
White Sucker		All sizes				

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<b>BASS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Pine 58012800	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>BASS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69006300	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>BASS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69044600	Bluegill Sunfish	All sizes				
	Northern Pike			All sizes		Mercury
<b>BASS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69055300	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>BASS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Wright 86023400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
<b>BASSETT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69004100	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>BASSWOOD</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38064500	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BATTLE CREEK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Washington 82009100	Bluegill Sunfish		All sizes			PFOS
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury PFOS

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<b>BAVARIA</b> Carver 10001900	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Carp		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
<b>BAY</b> Crow Wing 18003400	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BEAN</b> Lake 38040900	Rainbow Trout	All sizes				
	Splake		All sizes			Mercury
<b>BEAR</b> Freeborn 24002800	Carp	All sizes				
	Northern Pike		All sizes			Mercury
<b>BEAR</b> Lake 38040500	Smallmouth Bass		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>BEAR ISLAND</b> St. Louis 69011500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 18"	18" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>BEARHEAD</b> St. Louis 69025400	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
<b>BEARSKIN</b> Cook 16022800	Lake Trout		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury

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<b>BEAST</b> St. Louis 69083700	Northern Pike			shorter than 23"	23" or longer	Mercury
	Smallmouth Bass			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>BEAUTY</b> Hubbard 29029200	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BEAUTY</b> Itasca 31002800	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>BEAVER</b> Ramsey 62001600	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>BEAVER</b> Steele 74002300	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BEAVER HUT</b> Lake 38073700	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>BEEBE</b> Wright 86002300	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
<b>BEEBLE</b> Lake 38055100	Brook Trout		All sizes			Mercury
<b>BELL</b> St. Louis 69080500	Northern Pike			All sizes		Mercury

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<b>BELLE</b> Meeker 47004900	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>BELLE TAINE</b> Hubbard 29014600	Bluegill Sunfish	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
	White Sucker		All sizes			Mercury
<b>BELLO</b> Itasca 31072600	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>BELTRAMI</b> Beltrami 04013500	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Rock Bass		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>BEMIDJI</b> Beltrami 04013000	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
<b>BENEDICT</b> Hubbard 29004800	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike			shorter than 30"	30" or longer	Mercury
	Walleye			shorter than 25"	25" or longer	Mercury
	White Sucker	All sizes				

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<b>BENNETT</b> Ramsey 62004800	Bluegill Sunfish		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			PFOS
	Northern Pike		shorter than 21"	21" or longer		Mercury PFOS
<b>BENSON</b> Lake 38001800	Splake			All sizes		Mercury
<b>BENTON</b> Lincoln 41004300	Crappie		All sizes			Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>BETTY</b> Meeker 47004200	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>BIG</b> Beltrami 04004900	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>BIG</b> Carlton 09003200	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BIG</b> St. Louis 69005000	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BIG</b> St. Louis 69019000	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>BIG</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Sherburne 71008200	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury PCBs
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike				All sizes	Mercury
	Walleye				All sizes	Mercury
<b>BIG</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Stearns 73015900	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BIG</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Todd 77006300	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>BIG BASS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Beltrami 04013200	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>BIG BASS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Mahnomen 44000600	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass				All sizes	Mercury
	Walleye				All sizes	Mercury
<b>BIG BEAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69011300	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>BIG BIRCH</b> Todd 77008400	Carp	All sizes				
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker	All sizes				
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>BIG CARNELIAN</b> Washington 82004900	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
<b>BIG CORMORANT</b> Becker 03057600	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		shorter than 19"	19" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>BIG FISH</b> Stearns 73010600	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>BIG KANDIYOHI</b> Kandiyohi 34008600	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 24"	24" or longer		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
<b>BIG MARINE</b> Washington 82005200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BIG MCDONALD</b> Otter Tail 56038601	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
<b>BIG MOOSE</b> St. Louis 69031600	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BIG PINE</b> Aitkin 01015700	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Sunfish		All sizes			Mercury
<b>BIG PINE</b> Otter Tail 56013000	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
<b>BIG PINE</b> Pine 58013800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>BIG PORTAGE</b> Cass 11030800	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>BIG SAND</b>						
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				
<b>BIG SAND</b>						
Hubbard 29018500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 25"	25" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>BIG SANDY</b>						
Aitkin 01006200	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BIG STONE</b>						
Big Stone 06015200	Bluegill Sunfish		All sizes			Mercury
	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp		All sizes			Mercury
	Freshwater Drum	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	White Bass		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>BIG STONE NWR EAST POOL</b>						
Lac Qui Parle 37035100	Carp		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>BIG STONE NWR WEST POOL</b>						
Lac Qui Parle 37035600	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		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
<b>BIG STONY</b> Hubbard 29014300	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 25"	25" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>BIG SWAN</b> Meeker 47003800	Carp		All sizes			Mercury
	Channel Catfish			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BIG SWAN</b> Todd 77002300	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>BIG TROUT</b> Crow Wing 18031500	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Lake Whitefish	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BIG TWIN</b> Martin 46013300	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>BINAGAMI</b> Cook 16009800	Walleye		All sizes			Mercury
<b>BINGSHICK</b> Cook 16062700	Brook Trout			All sizes		Mercury
<b>BIRCH</b> Cass 11041200	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>BIRCH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16024700	Lake Trout		All sizes			Mercury
	Rainbow Trout	All sizes				
	Smallmouth Bass		All sizes			Mercury
	Splake		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>BIRCH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38053200	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				
<b>BIRCH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69000300	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>BLACK DUCK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69084200	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>BLACK HOOF</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crow Wing 18011700	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>BLACK ISLAND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Itasca 31041600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>BLACKDUCK</b> Beltrami 04006900	Bullhead	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
	<b>BLACKHAWK</b> Dakota 19005900	Bluegill Sunfish		All sizes		
Crappie				All sizes		Mercury
Northern Pike				All sizes		Mercury
<b>BLACKWATER</b> Cass 11027400		Bluegill Sunfish	All sizes			
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		shorter than 14"	14" or longer		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
<b>BLACKWATER</b> Itasca 31056100	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
	<b>BLANCHE</b> Otter Tail 56024000	Bluegill Sunfish		All sizes		
Bullhead				All sizes		Mercury
Walleye				All sizes		Mercury
<b>BLANDIN</b> Itasca 31053300		Bluegill Sunfish		All sizes		
	Bullhead			All sizes		Mercury
	Cisco		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

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**LAKE NAME**  
County DOWID\*

**Meal Advice**

<b>BLIND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Aitkin 01018800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		shorter than 30"	30" or longer		Mercury
<b>BLUE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hubbard 29018400	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Rainbow Trout		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>BLUEBERRY</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Wadena 80003400	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
<b>BOG</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38044300	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>BOLFING</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Stearns 73008800	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		shorter than 22"	22" or longer		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>BONE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38006500	Brown Trout			All sizes		Mercury
	Rainbow Trout		All sizes			Mercury
	Splake			All sizes		Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>BONE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Washington 82005400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		shorter than 31"	31" or longer		Mercury
	Walleye			All sizes		Mercury
<b>BOOT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Becker 03003000	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 17"	17" - 29"	29" or longer	Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>BORDEN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crow Wing 18002000	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>BOTKERS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Big Stone 06012100	Carp			All sizes		Mercury
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>BOUDER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16038300	Smallmouth Bass			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>BOULDER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hubbard 29016200	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>BOULDER</b> St. Louis 69037300	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>BOWER TROUT</b> Cook 16017500	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
<b>BOWSTRING</b> Itasca 31081300	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
<b>BOY</b> Cass 11014300	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>BRIAR</b> St. Louis 69012800	Yellow Perch		All sizes			Mercury
<b>BRIGGS</b> Sherburne 71014600	White Sucker	All sizes				
<b>BRIGHT</b> Martin 46005200	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
<b>BRONSON</b> Kittson 35000300	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			shorter than 17"	17" or longer	Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>BROWN</b> St. Louis 69083900	Northern Pike			shorter than 23"	23" or longer	Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>BROWNIE</b> Hennepin 27003800	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>BROWNS</b> Lake 38078000	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
<b>BRULE</b> Cook 16034800	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>BRYANT</b> Hennepin 27006700	Bullhead			All sizes		Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>BUCHANAN</b> Otter Tail 56020900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>BUCK</b> Itasca 31006900	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>BUDD</b> Martin 46003000	Carp	All sizes				
	Channel Catfish	All sizes				
	Crappie	All sizes				
	Yellow Perch	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>BUFFALO</b> Wright 86009000	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish			All sizes		Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch	All sizes				
<b>BUNNY</b> Lake 38029300	Northern Pike			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>BURANDT</b> Carver 10008400	Bullhead			All sizes		Mercury
	Crappie			All sizes		Mercury
	Freshwater Drum		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>BURGEN</b> Douglas 21004900	Bluegill Sunfish	All sizes				
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
<b>BURNTSIDE</b> St. Louis 69011800	Lake Trout			All sizes		Mercury
	Lake Whitefish		All sizes			Mercury
	Northern Pike			shorter than 30"	30" or longer	Mercury
	Walleye		shorter than 10"	10" - 23"	23" or longer	Mercury
	White Sucker		All sizes			Mercury
<b>BUSH</b> Hennepin 27004700	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>BUTTON BOX</b> Itasca 31017500	Smallmouth Bass		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>BYLLESBY</b> Dakota 19000600	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	River Carpsucker		All sizes			Mercury
	Smallmouth Bass	All sizes				
	Walleye		All sizes			Mercury
	White Bass		All sizes			Mercury
<b>CADOTTE</b> St. Louis 69011400	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>CALHOUN</b> 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 15"	15" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>CALHOUN</b> Kandiyohi 34006200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>CAMP</b> Swift 76007200	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>CANISTEO PIT</b> Itasca 31128200	Cisco		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
	White Sucker		All sizes			Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>CANNON</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Rice 66000800	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Carp	All sizes				
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Freshwater Drum		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Bass				All sizes	Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
<b>CARIBOU</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16036000	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>CARIBOU</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
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			Mercury
<b>CARIBOU</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69048900	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
<b>CARLOS</b> Douglas 21005700	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie			All sizes		Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Rock Bass			All sizes		Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>CARR</b> Beltrami 04014100	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>CARRIE</b> Kandiyohi 34003200	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie	All sizes				
<b>CARROT</b> Cook 16007100	Brook Trout			All sizes		Mercury
<b>CARVER</b> Washington 82016600	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury PFOS
	Sunfish	All sizes				
<b>CASCADE</b> Cook 16034600	Northern Pike		shorter than 23"	23" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>CASS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Beltrami 04003000	Cisco		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

White fish 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.

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

<b>CEDAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hennepin 27003900	Bluegill Sunfish		All sizes			Mercury PFOS
	Carp		All sizes			Mercury
	Crappie			All sizes		Mercury PFOS
	Largemouth Bass		shorter than 11"	11" or longer		Mercury PFOS
	Northern Pike		shorter than 20"	20" or longer		Mercury PFOS
	Walleye			All sizes		Mercury PFOS

<b>CEDAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38081000	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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

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

<b>CEDAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Morrison 49014000	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Sunfish		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>CEDAR</b> Rice 66005200	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>CEDAR</b> Scott 70009100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
<b>CEDAR</b> Wright 86022700	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>CEDAR ISLAND</b> Stearns 73013300	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		shorter than 22"	22" or longer		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
White Sucker		All sizes			Mercury	
<b>CENTERVILLE</b> Anoka 02000600	Bluegill Sunfish		All sizes			Mercury
	Carp	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 Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**

County DOWID\*

**Meal Advice**

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>CHARLOTTE</b> Wright 86001100	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>CHESTER</b> Cook 16003300	Brown Trout			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>CHIPPEWA</b> Douglas 21014500	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye				All sizes	Mercury
<b>CHISAGO</b> Chisago 13001200	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>CHRISTIANSON</b> Lake 38075000	Northern Pike			All sizes		Mercury
<b>CHRISTINE</b> Cook 16037300	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>CHRISTMAS</b> Hennepin 27013700	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		shorter than 19"	19" or longer		Mercury
	Rainbow Trout	All sizes				
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>CHUB</b> Carlton 09000800	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	
<b>CIRCLE</b> Rice 66002700	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
<b>CLARA</b> Cook 16036500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 14"	14" - 25"	25" or longer	Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>CLEAR</b> Aitkin 01009300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>CLEAR</b> Koochiching 36001100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 25"	25" or longer		Mercury
<b>CLEAR</b> Lake 38072200	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>CLEAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Le Sueur 40007900	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>CLEAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Meeker 47009500	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>CLEAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69074700	Northern Pike			All sizes		Mercury
<b>CLEAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69079900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>CLEAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Waseca 81001400	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>CLEAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Washington 82016300	Carp		All sizes			Mercury
	Crappie	All sizes				
	Walleye		shorter than 19"	19" or longer		Mercury
<b>CLEARWATER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Beltrami 04034300	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>CLEARWATER</b> Cook 16013900	Cisco		All sizes			Mercury
	Lake Trout		shorter than 20"	20" or longer		Mercury
	Smallmouth Bass			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>CLEARWATER</b> Crow Wing 18003800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
<b>CLEARWATER</b> Wright 86025200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>CLEARY</b> Scott 70002200	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Largemouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>CLITHERALL</b> Otter Tail 56023800	Bass			All sizes		Mercury
	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>CLOQUET</b> Lake 38053900	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			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
<b>CLUB WEST</b> Anoka 02076400	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>CLUBHOUSE</b> Itasca 31054000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>COE</b> St. Louis 69056200	Bluegill Sunfish			All sizes		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike				All sizes	Mercury
	Yellow Perch			All sizes		Mercury
<b>COFFEE</b> Lake 38006400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>COKATO</b> Wright 86026300	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>COLBY</b> 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			Mercury
<b>COLBY</b> Washington 82009400	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>COLLINWOOD</b> Wright 86029300	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>COMFORT</b> Chisago 13005300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>COMO</b> Ramsey 62005500	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			PFOS
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			PFOS
	Walleye			All sizes		Mercury
<b>CONCHU</b> Lake 38072000	Brook Trout		All sizes			Mercury
<b>COON</b> Anoka 02004200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
<b>COON-SANDWICK</b> Itasca 31052400	Crappie		All sizes			Mercury
	Northern Pike		shorter than 22"	22" or longer		Mercury
	White Sucker	All sizes				
<b>CORNELIA</b> Hennepin 27002800	Carp	All sizes				
	Crappie	All sizes				

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>COTTON</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>	
Becker 03028600	Bluegill Sunfish		All sizes			Mercury	
	Crappie		All sizes			Mercury	
	Northern Pike			All sizes		Mercury	
	Walleye		All sizes			Mercury	
	White Sucker	All sizes					
<b>COTTONWOOD</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>	
Lyon 42001400	Carp	All sizes					
	Northern Pike		All sizes			Mercury	
	Yellow Perch		All sizes			Mercury	
<b>CRAB</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>	
Cook 16035700	Northern Pike			All sizes		Mercury	
	Walleye		All sizes			Mercury	
	Yellow Perch		All sizes			Mercury	
<b>CRAB</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>	
St. Louis 69022000	Northern Pike				All sizes	Mercury	
	Smallmouth Bass				All sizes	Mercury	
<b>CRANE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>	
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 15"	15" or longer		Mercury
	White Sucker			All sizes			Mercury
	Yellow Perch			All sizes			Mercury
<b>CRELLIN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>	
St. Louis 69045900	Yellow Perch			All sizes		Mercury	
<b>CRESCENT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>	
Cook 16045400	Northern Pike			All sizes		Mercury	
	Smallmouth Bass		All sizes			Mercury	
	Walleye		All sizes			Mercury	
	White Sucker		All sizes			Mercury	
	Yellow Perch		All sizes			Mercury	
<b>CROCODILE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>	
Cook 16011900	Walleye			All sizes		Mercury	
	White Sucker		All sizes			Mercury	

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>CROOKED</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Anoka 02008400	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
<b>CROOKED</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cass 11049400	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye				All sizes	Mercury
	Yellow Perch			All sizes		Mercury
<b>CROOKED</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16072300	Lake Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>CROOKED</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crow Wing 18004100	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 18"	18" or longer		Mercury
<b>CROOKED</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Itasca 31019300	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			shorter than 32"	32" or longer	Mercury
	Walleye			All sizes		Mercury
	White Sucker				All sizes	Mercury
<b>CROOKED</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38002400	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>CROOKED</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38081700	Lake Whitefish		All sizes			Mercury
	Northern Pike			shorter than 27"	27" or longer	Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>CROSS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Carlton 09006200	Bluegill Sunfish		All sizes			Mercury
	Bowfin			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>CROSS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Pine 58011900	Freshwater Drum		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>CROSS LAKE RES.</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crow Wing 18031200	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		shorter than 14"	14" or longer		Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>CROSS RIVER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38000200	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>CROSSCUT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38025700	Brook Trout		All sizes			Mercury
<b>CROW WING</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crow Wing 18015500	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 20"	20" or longer		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>CRUISER</b> St. Louis 69083200	Brown Trout			All sizes		Mercury
	Lake Trout			All sizes		Mercury
<b>CRUM</b> Itasca 31017100	Largemouth Bass		All sizes			Mercury
<b>CRYSTAL</b> Blue Earth 07009800	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				
<b>CRYSTAL</b> Cass 11050200	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>CRYSTAL</b> Dakota 19002700	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
<b>CRYSTAL</b> Hennepin 27003400	Bluegill Sunfish		All sizes			PFOS
	Crappie		All sizes			Mercury PFOS
	Yellow Perch		All sizes			PFOS
<b>CRYSTAL</b> Otter Tail 56074900	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>CUT FOOT SIOUX</b> Itasca 31085700	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		All sizes			Mercury
<b>CUTAWAY</b> Itasca 31042900	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury

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**LAKE NAME**  
County DOWID\*

**Meal Advice**

<b>DAM</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Aitkin 01009600	Bluegill Sunfish		All sizes			Mercury
	Buffalo			All sizes		Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	Mercury
	White Sucker	All sizes				
<b>DAM FIVE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38005300	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>DANIELS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16015000	Lake Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>DARK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Koochiching 36001400	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
<b>DARK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69079000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			shorter than 28"	28" or longer	Mercury
	White Sucker			All sizes		Mercury
<b>DARLING</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Douglas 21008000	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye				shorter than 21"	21" or longer
<b>DAVIS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16043500	Northern Pike			All sizes		Mercury
<b>DAY</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69090600	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye				All sizes	Mercury
	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
<b>DAYTON HOLLOW RES.</b> Otter Tail 56082400	Bluegill Sunfish			All sizes		Mercury
	Carp			All sizes		Mercury
	Redhorse Sucker			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>DEAD</b> Otter Tail 56038300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
<b>DEAD COON</b> Lincoln 41002100	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>DEEP</b> Lake 38066800	Northern Pike			All sizes		Mercury
	Rock Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>DEEP</b> St. Louis 69066600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>DEER</b> Beltrami 04023000	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>DEER</b> Itasca 31033400	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>DEER</b> Itasca 31071900	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>DEER YARD</b> Cook 16025300	Walleye			shorter than 23"	23" or longer	Mercury
	White Sucker		All sizes			Mercury
<b>DEL CLARK</b> Yellow Medicine 87018000	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>DELAY</b> Lake 38041500	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>DELLWATER</b> Beltrami 04033100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
<b>DEMONTREVILLE</b> Washington 82010100	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
<b>DETROIT</b> Becker 03038100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>DEVIL TRACK</b> Cook 16014300	Lake Whitefish		All sizes			Mercury
	Northern Pike		shorter than 19"	19" or longer		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>DEVILFISH</b>						
Cook 16002900	Walleye			All sizes		Mercury
<b>DEVILS</b>						
Kanabec 33003300	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>DIAMOND</b>						
Kandiyohi 34004400	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
<b>DICK</b>						
Cook 16015700	Northern Pike			All sizes		Mercury
<b>DINHAM</b>						
St. Louis 69054400	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>DISAPPOINTMENT</b>						
Lake 38048800	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>DISLOCATION</b>						
Cook 16016700	Yellow Perch		All sizes			Mercury
<b>DIVIDE</b>						
Lake 38025600	Rainbow Trout		All sizes			Mercury
	Splake		All sizes			Mercury
<b>DIXON</b>						
Itasca 31092100	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>DORA</b>						
Le Sueur 40001000	Buffalo	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
<b>DOVRE</b>						
St. Louis 69060400	Northern Pike			All sizes		Mercury
	Yellow Perch			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>DRAGON</b> Lake 38055200	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>DRY</b> St. Louis 69006400	Brown Trout		All sizes			Mercury
	Cisco		All sizes			Mercury
	Splake		All sizes			Mercury
<b>DUCK</b> Blue Earth 07005300	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
<b>DUCK</b> Hubbard 29014200	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>DUMBELL</b> Lake 38039300	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>DUNCAN</b> Cook 16023200	Cisco		All sizes			Mercury
	Lake Trout		shorter than 19"	19" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>DUNN</b> Cook 16024500	Lake Trout			All sizes		Mercury
<b>DUNNIGAN</b> Lake 38066400	Bluegill Sunfish		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>DUNNS</b> Meeker 47008200	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>DUTCH</b> Hennepin 27018100	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>DYERS</b> Cook 16063400	Northern Pike			All sizes		Mercury
<b>EAGLE</b> Blue Earth 07006000	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Freshwater Drum	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>EAGLE</b> Carlton 09005700	Crappie	All sizes				
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>EAGLE</b> Carver 10012100	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>EAGLE</b> Hubbard 29025600	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker	All sizes				
	Walleye		shorter than 20"	20" or longer		
<b>EAGLE</b> Kandiyohi 34017100	Bluegill Sunfish		All sizes			Mercury
	Buffalo		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>EAGLE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Otter Tail 56025300	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>EAGLE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Sherburne 71006700	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike	All sizes				
<b>EAGLE/PIKE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hennepin 27011100	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye			All sizes		Mercury
<b>EAGLES NEST #1</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69028501	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>EAGLES NEST #2</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69028502	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>EAGLES NEST #3</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69028503	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>EAGLES NEST #4</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69021800	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>EAST</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Itasca 31046000	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>EAST</b> Lake 38002000	Brook Trout			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch			All sizes		Mercury
<b>EAST BATTLE</b> Otter Tail 56013800	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>EAST BEARSKIN</b> Cook 16014600	Lake Trout		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>EAST CHUB</b> Lake 38067400	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 18"	18" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>EAST CROOKED</b> Hubbard 29010101	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>EAST FOX</b> Cook 16063600	Northern Pike			All sizes		Mercury
<b>EAST GRAHAM</b> Nobles 53002000	Buffalo	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>EAST LAKE SYLVIA</b> Wright 86028900	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>EAST LEAF</b> Otter Tail 56011600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>EAST LOON</b> Otter Tail 56052300	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>EAST LOST</b> Otter Tail 56037800	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>EAST MOORE</b> Anoka 02007501	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Channel Catfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
<b>EAST PIKE</b> Cook 16004200	Smallmouth Bass		All sizes			Mercury
<b>EAST POPE</b> Cook 16034200	Northern Pike			shorter than 26"	26" or longer	Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>EAST RUSH</b> Chisago 13006901	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike		All sizes			Mercury
	Yellow Perch	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>EAST SIDE</b> Mower 50000200	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
<b>EAST SOLOMON</b> Kandiyohi 34024600	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
<b>EAST SPIRIT</b> Otter Tail 56050100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>EAST TOQUA</b> Big Stone 06013800	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
<b>EAST TWIN</b> Anoka 02013300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>EAST TWIN</b> Cook 16014500	Walleye		All sizes			Mercury
<b>EAST TWIN</b> St. Louis 69017400	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			shorter than 27"	27" or longer	Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

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**LAKE NAME**

County DOWID\*

**Meal Advice**

<b>EAST VADNAIS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Ramsey 62003801	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>ECHO</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38002800	Rainbow Trout		All sizes			Mercury
	Splake		All sizes			Mercury
<b>ECHO</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69061500	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>ED SHAVE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69019900	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>EDDY</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Carlton 09003900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>EDEN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Stearns 73015000	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>EDWARD</b>						
Crow Wing 18030500	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>EIGHTEEN</b>						
Lake 38043200	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>EIGHTH CROW WING</b>						
Hubbard 29007200	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>EK</b>						
St. Louis 69084300	Northern Pike		shorter than 15"	15" or longer		Mercury
<b>ELBOW</b>						
Becker 03015900	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>ELBOW</b>						
Cook 16009600	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>ELBOW</b>						
Cook 16080500	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>ELBOW</b>						
St. Louis 69071700	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>ELBOW</b> St. Louis 69074400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>ELEPHANT</b> St. Louis 69081000	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>ELEVEN</b> Kanabec 33000100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>ELEVENTH CROW WING</b> Hubbard 29003600	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Cisco		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Rock Bass		All sizes			Mercury
	Sunfish		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>ELIZABETH</b> Itasca 31049000	Northern Pike			All sizes		Mercury
<b>ELIZABETH</b> Kandiyohi 34002200	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
	White Sucker	All sizes				
	Yellow Perch	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>ELK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Clearwater 15001000	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Rock Bass			All sizes		Mercury
	Sunfish	All sizes				
	Walleye		shorter than 17"	17" or longer		Mercury
	Yellow Perch			All sizes		Mercury
<b>ELK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Sherburne 71005500	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>ELM ISLAND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Aitkin 01012300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
<b>ELMO</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Washington 82010600	Bluegill Sunfish			All sizes		Mercury PFOS
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie			All sizes		Mercury 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
<b>ELY</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69066000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**

County DOWID\*

**Meal Advice**

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>ELYSIAN</b> Waseca 81009500	Bluegill Sunfish	All sizes				
	Buffalo		All sizes			Mercury
	Bullhead	All sizes				
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Walleye	All sizes				
<b>EMBARRASS</b> St. Louis 69049600	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
	<b>EMILY</b> Crow Wing 18020300	Crappie		All sizes		
Northern Pike			All sizes			Mercury
Walleye				All sizes		Mercury
<b>EMILY</b> Le Sueur 40012400	Bluegill Sunfish	All sizes				
	Buffalo	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	<b>EMILY</b> Pope 61018000	Crappie	All sizes			
Northern Pike			All sizes			Mercury
Walleye			All sizes			Mercury
White Sucker			All sizes			Mercury
<b>EMPIRE (UNNAMED)</b> Dakota 19034200		Sunfish		All sizes		
	<b>ENSIGN</b> Lake 38049800	Cisco		All sizes		Mercury
Northern Pike				All sizes		Mercury
Walleye			All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>ERIE</b> Meeker 47006400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike				All sizes	Mercury
	Walleye				All sizes	Mercury
<b>ESQUAGAMA</b> St. Louis 69056500	Bluegill Sunfish		All sizes			Mercury
	Cisco			All sizes		Mercury
	Northern Pike			shorter than 25"	25" or longer	Mercury
	Walleye			shorter than 16"	16" or longer	Mercury
<b>ESQUAGAMAH</b> Aitkin 01014700	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>ESTHER</b> Cook 16002300	Rainbow Trout	All sizes				
	Splake		All sizes			Mercury
	White Sucker			All sizes		Mercury
<b>EUGENE</b> St. Louis 69047300	Lake Whitefish			All sizes		Mercury
	Northern Pike			shorter than 20"	20" or longer	Mercury
	White Sucker		All sizes			Mercury
<b>EVERETT</b> St. Louis 69012000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>EVERGREEN</b> Hubbard 29022700	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>EXTORTION</b> Cook 16045000	Splake			All sizes		Mercury

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**LAKE NAME**  
County DOWID\*

**Meal Advice**

<b>FALL</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38081100	Bluegill Sunfish			All sizes		Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>FARM</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38077900	Bluegill Sunfish		All sizes			Mercury
	Cisco			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 17"	17" - 37"	37" or longer	Mercury
	Walleye			All sizes		Mercury
<b>FARM ISLAND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Aitkin 01015900	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>FAT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69048100	Lake Trout			All sizes		Mercury
<b>FEATHER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16090500	Brook Trout		All sizes			Mercury
<b>FENSKE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69008500	Bluegill Sunfish		All sizes			Mercury
	Cisco			All sizes		Mercury
	Northern Pike			All sizes		Mercury

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**LAKE NAME**  
County DOWID\*

**Meal Advice**

<b>FIFTH CROW WING</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hubbard 29009200	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>FINGER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16064600	Crappie	All sizes				
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>FIRST CROW WING</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hubbard 29008600	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>FISH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Chisago 13006800	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye				All sizes	
<b>FISH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Dakota 19005700	Bluegill Sunfish		All sizes			Mercury PFOS
	Bullhead		All sizes			Mercury
	Crappie		All sizes			PFOS
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury PFOS

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>FISH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hennepin 27011800	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
Jackson 32001800	Bullhead	All sizes				
	Carp	All sizes				
	Channel Catfish		All sizes			Mercury
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
Kanabec 33003600	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
Otter Tail 56006600	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
Otter Tail 56068400	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
Scott 70006900	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch	All sizes				

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**LAKE NAME**  
County DOWID\*

**Meal Advice**

<b>FISH HOOK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hubbard 29024200	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>FISH LAKE FLOWAGE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69049100	Bluegill Sunfish		All sizes			PFOS
	Crappie		All sizes			Mercury PFOS
	Largemouth Bass		All sizes			PFOS
	Northern Pike		All sizes			Mercury PFOS
	Walleye		shorter than 18"	18" or longer		Mercury PFOS
	White Sucker		All sizes			Mercury
<b>FISH TRAP</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Morrison 49013700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>FISHMOUTH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69083400	Northern Pike			All sizes		Mercury
<b>FIVE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Kanabec 33000300	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
<b>FLASH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38063000	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>FLAT HORN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38056800	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>FLEMING</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Aitkin 01010500	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>FLORIAN PARK RES.</b> Marshall 45011900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>FLORIDA</b> Kandiyohi 34021700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Freshwater Drum		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>FLOUR</b> Cook 16014700	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>FLOYD</b> Becker 03038700	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>FOOT</b> Kandiyohi 34018100	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
<b>FOREST</b> Washington 82015900	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 27"	27" or longer		Mercury
	Walleye		All sizes			Mercury
<b>FORSYTHE</b> Itasca 31056000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

<b>FOUND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38062000	Brook Trout		All sizes			Mercury
<b>FOUNTAIN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Freeborn 24001800	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Channel Catfish		All sizes			PCBs
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>FOUR MILE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16063900	Northern Pike		All sizes			Mercury
	Walleye		shorter than 14"	14" or longer		Mercury
<b>FOURTEEN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69079300	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		shorter than 25"	25" or longer		Mercury
	Walleye			All sizes		Mercury
<b>FOURTH CROW WING</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hubbard 29007800	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>FOURTOWN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38081300	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>FOX</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Martin 46010900	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Channel Catfish	All sizes				
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

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

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

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<b>FRENCH</b> Aitkin 01010400	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>FRENCH</b> McLeod 43010900	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>FRENCH</b> Rice 66003800	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie			All sizes		Mercury
	Freshwater Drum			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch	All sizes				
<b>FRENCH</b> Wright 86027300	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker	All sizes				
<b>FRONTENAC</b> Hubbard 29024100	Northern Pike			All sizes		Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>FROST</b> Cook 16057100	Lake Trout		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>GABIMICHIGAMI</b> Cook 16081100	Lake Trout		shorter than 17"	17" or longer		Mercury
	Northern Pike			All sizes		Mercury
	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
<b>GAMES</b> Kandiyohi 34022400	Bluegill Sunfish	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike		All sizes			Mercury
<b>GANDER</b> Lake 38055400	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>GANNON</b> St. Louis 69081900	Northern Pike			shorter than 23"	23" or longer	Mercury
	Yellow Perch		All sizes			Mercury
<b>GARDEN</b> Lake 38078200	Bluegill Sunfish		All sizes			Mercury
	Cisco			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 17"	17" - 37"	37" or longer	Mercury
	Walleye			All sizes		Mercury
<b>GARDEN LAKE RES.</b> Lake 38073800	Bluegill Sunfish		All sizes			Mercury
	Cisco			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 17"	17" - 37"	37" or longer	Mercury
	Walleye			All sizes		Mercury
<b>GARFIELD</b> Hubbard 29006100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>GASKIN</b> Cook 16031900	Walleye			All sizes		Mercury
<b>GE-BE-ON-EQUAT</b> St. Louis 69035000	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			shorter than 19"	19" or longer	Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>GEGOKA</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38057300	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>GENEVA</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Douglas 21005200	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>GEORGE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Anoka 02009100	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>GEORGE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Blue Earth 07004700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>GEORGE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hubbard 29021600	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>GEORGE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Kandiyohi 34014200	Northern Pike		shorter than 19"	19" or longer		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>GEORGE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Martin 46002400	Carp	All sizes				
	Channel Catfish	All sizes				
	Crappie	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>GERMAN</b>						
Le Sueur 40006300	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
<b>GERVAIS</b>						
Ramsey 62000700	Bluegill Sunfish		All sizes			Mercury PFOS
	Carp		All sizes			Mercury
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>GILBERT PIT</b>						
St. Louis 69130600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Rainbow Trout	All sizes				
	Splake	All sizes				
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>GILCHRIST</b>						
Pope 61007200	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>GILLIS</b>						
Cook 16075300	Lake Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>GILSTAD</b>						
Beltrami 04002400	Northern Pike			All sizes		Mercury
<b>GIRL</b>						
Cass 11017400	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>GLACIER</b>						
Aitkin 01004200	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>GOLDEN</b>						
Anoka 02004500	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>GOLDENEYE</b>						
Lake 38002900	Brook Trout		All sizes			Mercury
<b>GOLF COURSE POND</b>						
St. Louis 69134500	Brown Trout			All sizes		Mercury
	Channel Catfish		All sizes			Mercury
	Rainbow Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>GOOSE</b>						
Chisago 13008300	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>GOOSE</b>						
Ramsey 62003400	Bluegill Sunfish	All sizes				
	White Sucker	All sizes				
<b>GOOSE</b>						
Washington 82005900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>GORMAN</b>						
Le Sueur 40003200	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>GRACE</b> Hubbard 29007100	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>GRAND</b> St. Louis 69051100	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>GRAND</b> Stearns 73005500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>GRANITE</b> Wright 86021700	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>GRASS</b> Lake 38063500	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>GRASSY</b> St. Louis 69008200	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>GRAVE</b> Itasca 31062400	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
<b>GREAT NORTHERN</b>						
Stearns 73008300	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		shorter than 22"	22" or longer		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>GREEN</b>						
Chisago 13004100	Bullhead	All sizes				
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>GREEN</b>						
Isanti 30013600	Bullhead	All sizes				
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>GREEN</b>						
Kandiyohi 34007900	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Northern Pike		shorter than 17"	17" or longer		Mercury
	Rock Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>GREEN PRAIRIE FISH</b>						
Morrison 49003500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
<b>GREENLEAF</b>						
Meeker 47006200	Bluegill Sunfish	All sizes				
	Largemouth Bass	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
<b>GREENSTONE</b> Lake 38071800	Northern Pike			All sizes		Mercury
	Walleye		shorter than 14"	14" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>GREENWOOD</b> Cook 16007700	Cisco			All sizes		Mercury
	Lake Trout			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>GREENWOOD</b> Lake 38065600	Northern Pike			shorter than 27"	27" or longer	Mercury
	Walleye			shorter than 19"	19" or longer	Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>GRINDSTONE</b> Pine 58012300	Bluegill Sunfish		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>GROUSE</b> Lake 38055700	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>GROVE</b> Pope 61002300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>GUILE</b> Itasca 31056900	Northern Pike			All sizes		Mercury
<b>GULL</b> Beltrami 04012000	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>GULL</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cass 11030500	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	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				
<b>GUN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Aitkin 01009900	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>GUN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69048700	Lake Trout				All sizes	Mercury
	Lake Whitefish			All sizes		Mercury
<b>GUN CLUB</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Dakota 19007800	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
<b>GUNFLINT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16035600	Lake Trout			All sizes		Mercury
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		shorter than 14"	14" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>GUST</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16038000	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>GYPSY</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38066500	Brook Trout			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>HAFFTEN</b> Hennepin 27019900	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>HALF MOON</b> Hennepin 27015200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>HALF MOON</b> St. Louis 69065700	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>HALL</b> Martin 46003100	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Channel Catfish		All sizes			PCBs
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
<b>HALLETT</b> Nicollet 52000100	Bluegill Sunfish	All sizes				
	Yellow Perch		All sizes			Mercury
<b>HAM</b> Anoka 02005300	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>HAM</b> Hubbard 29001700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>HAMMAL</b> Aitkin 01016100	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>HAND</b> Cook 16023800	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>HANGING HORN</b> Carlton 09003800	Cisco			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			shorter than 16"	16" or longer	Mercury
	White Sucker		All sizes			Mercury
<b>HANGING KETTLE</b> Aitkin 01017000	Bullhead			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>HANKS</b> Crow Wing 18004400	Bluegill Sunfish		All sizes			Mercury
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye			All sizes		Mercury
<b>HANSKA</b> Brown 08002600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Channel Catfish	All sizes				
	Walleye		All sizes			Mercury
<b>HARE</b> Lake 38002600	Brook Trout		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>HARRIET</b> Hennepin 27001600	Bluegill Sunfish		All sizes			Mercury PFOS
	Carp		All sizes			Mercury
	Crappie			All sizes		Mercury PFOS
	Largemouth Bass			All sizes		Mercury PFOS
	Northern Pike			All sizes		Mercury PFOS
	Walleye		shorter than 13"	13" or longer		Mercury PFOS
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>HARRIET</b> Lake 38004800	Northern Pike			All sizes		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>HARRIS</b> Lake 38073600	Walleye			All sizes		Mercury
<b>HART</b> Itasca 31002000	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
<b>HATTIE</b> Stevens 75020000	Carp	All sizes				
	Crappie			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>HAYES</b> Roseau 68000400	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>HEIGHT OF LAND</b> Becker 03019500	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>HENDERSON</b> Kandiyohi 34011600	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>HENDRICKS</b> Lincoln 41011000	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Bass			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>HENNEPIN</b> Hubbard 29024600	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		All sizes			Mercury
<b>HENRY</b> Douglas 21005100	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
<b>HENSON</b> Cook 16031400	Northern Pike		All sizes			Mercury
	Sunfish		All sizes			Mercury
<b>HERITAGE</b> St. Louis 69046900	Cisco		All sizes			Mercury
	Northern Pike			shorter than 22"	22" or longer	Mercury
<b>HERON</b> Jackson 32005700	Buffalo	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
<b>HIAWATHA</b> Hennepin 27001800	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>HICKORY</b> Aitkin 01017900	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye			All sizes		Mercury
<b>HIGH</b> St. Louis 69007100	Splake		All sizes			Mercury
<b>HIGHLIFE</b> Lake 38067300	Bluegill Sunfish		All sizes			Mercury
	Brook Trout		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
<b>HILL</b> Aitkin 01014200	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Rock Bass		All sizes			Mercury
	Sunfish		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>HINIKER POND</b> Blue Earth 07014700	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Bass			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>HOBO</b> St. Louis 69006200	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>HOBSON</b> St. Louis 69092300	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
<b>HOG</b> Cook 16065300	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>HOGBACK</b> Lake 38005700	Rainbow Trout	All sizes				
	Splake		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**

County DOWID\*

**Meal Advice**

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>HOLLY</b> Cook 16036600	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>HOMER</b> Cook 16040600	Northern Pike		shorter than 18"	18" or longer		Mercury
	Walleye		shorter than 13"	13" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>HOOK</b> McLeod 43007300	Northern Pike		All sizes			Mercury
<b>HORSE</b> Lake 38079200	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>HORSEHEAD</b> Itasca 31004700	Northern Pike			All sizes		Mercury
<b>HORSESHOE</b> Cass 11035800	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				
	Yellow Perch		All sizes			Mercury
<b>HORSESHOE</b> Crow Wing 18025100	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>HORSESHOE</b> Itasca 31069600	Bluegill Sunfish		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
<b>HORSESHOE</b> Le Sueur 40000100	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>HORSESHOE</b> Stearns 73015700	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		shorter than 22"	22" or longer		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>HOWARD</b> Wright 86019900	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>HUBERT</b> Crow Wing 18037500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye		All sizes			Mercury
<b>HUNGRY JACK</b> Cook 16022700	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>HUNT</b> Rice 66004700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>HUSTLER</b> St. Louis 69034300	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>HYDES</b> Carver 10008800	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>HYLAND</b> Hennepin 27004800	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Largemouth Bass		All sizes			PFOS
<b>IDA</b> Becker 03058200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>IDA</b> Douglas 21012300	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>IDA</b> Wright 86014600	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>IMA</b> Lake 38040000	Bluegill Sunfish		All sizes			Mercury
	Cisco			All sizes		Mercury
	Lake Trout			All sizes		Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>INDEPENDENCE</b> Hennepin 27017600	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 27"	27" or longer		Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
<b>INGUADONA</b> Cass 11012000	Bluegill Sunfish		All sizes			Mercury
	Cisco	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>INSULA</b> Lake 38039700	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>IRENE</b> Douglas 21007600	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>IRON</b> Cook 16032800	Northern Pike		shorter than 17"	17" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>IRVING</b> Beltrami 04014000	Northern Pike		shorter than 23"	23" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>ISABELLA</b> Lake 38039600	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

ISLAND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03015300	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
Hubbard 29025400	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	White Sucker	All sizes				
Itasca 31064400	Largemouth Bass		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
Itasca 31075400	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
Itasca 31091300	Cisco	All sizes				
	Northern Pike		shorter than 27"	27" or longer		Mercury
	Sunfish	All sizes				
	Walleye		shorter than 23"	23" or longer		Mercury
Mahnommen 44003800	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
Ramsey 62007500	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Channel Catfish	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
<b>ISLAND LAKE RES.</b> St. Louis 69037200	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Rock Bass			All sizes		Mercury
	Smallmouth Bass		shorter than 11"	11" or longer		Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>ITASCA</b> Clearwater 15001600	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 26"	26" or longer		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>JACK</b> Lake 38044100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>JANE</b> Washington 82010400	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Northern Pike			shorter than 25"	25" or longer	Mercury
<b>JASPER</b> Cook 16076800	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Lake Trout			All sizes		Mercury
	Lake Whitefish			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>JAY GOULD</b> Itasca 31056500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
<b>JEANETTE</b> St. Louis 69045600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 12"	12" or longer		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>JEFFERSON</b> Le Sueur 40009200	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>JENNIE</b> Meeker 47001500	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
<b>JESSIE</b> Itasca 31078600	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
<b>JEWETT</b> Otter Tail 56087700	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>JIM</b> Cook 16013500	Lake Trout			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>JOHANNA</b> Pope 61000600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>JOHANNA</b> Ramsey 62007800	Bluegill Sunfish		All sizes			Mercury PFOS
	Carp	All sizes				
	Crappie			All sizes		Mercury PFOS
	Northern Pike		shorter than 26"	26" or longer		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>JOHN</b> Cook 16003500	Northern Pike		shorter than 19"	19" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>JOHN</b> Wright 86028800	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>JOHN RES.</b> Yellow Medicine 87018100	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>JOHNSON</b> Lake 38024200	Walleye			All sizes		Mercury
<b>JOHNSON</b> St. Louis 69011700	Bluegill Sunfish		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>JOHNSON</b> St. Louis 69069100	Northern Pike		shorter than 19"	19" or longer		Mercury
	Walleye			All sizes		Mercury
<b>JORGENS</b> St. Louis 69086700	Crayfish	All sizes				
	Northern Pike			All sizes		Mercury
<b>JOSEPH</b> St. Louis 69015700	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>JOSEPHINE</b> Ramsey 62005700	Bluegill Sunfish		All sizes			Mercury PFOS
	Bullhead			All sizes		Mercury
	Northern Pike		All sizes			Mercury
<b>JOUPPI</b> Lake 38090900	Brook Trout			All sizes		Mercury
<b>JULIA</b> Beltrami 04016600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
<b>JUNO</b> Cook 16040200	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>KABEKONA</b> Hubbard 29007500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>KABETOGAMA</b> St. Louis 69084500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Cisco		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker	All sizes				
Yellow Perch		All sizes			Mercury	
<b>KABUSTASA</b> St. Louis 69067900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>KANE</b> Lake 38065100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>KATHERINE</b> Lake 38053800	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>KAWISHIWI</b> Lake 38008000	Northern Pike		shorter than 15"	15" or longer		Mercury
	Walleye			All sizes		Mercury
<b>KELLER</b> Ramsey 62001000	Bluegill Sunfish		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
<b>KELLY</b> St. Louis 69090100	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>KELSO</b> Cook 16070600	Northern Pike			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>KEMO</b> Cook 16018800	Lake Trout		All sizes			Mercury
	Splake		All sizes			Mercury
<b>KIMBALL</b> Crow Wing 18036100	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>KINOGAMI</b> Cook 16037800	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>KITCHI</b> Beltrami 04000700	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
<b>KITIGAN</b> Lake 38055900	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>KJOSTAD</b> St. Louis 69074800	Cisco			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			shorter than 21"	21" or longer	Mercury
<b>KNAUS</b> Stearns 73008600	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		shorter than 22"	22" or longer		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>KNIFE</b> Kanabec 33002800	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Redhorse Sucker	All sizes				
	Walleye		All sizes			Mercury
<b>KNIFE</b> Lake 38040400	Lake Trout			All sizes		Mercury
	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>KORONIS</b> Stearns 73020000	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye			shorter than 23"	23" or longer	Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>KOWALSKI</b> Lake 38001600	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>KRAYS</b> Stearns 73008700	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		shorter than 22"	22" or longer		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>KREIGLE</b> Stearns 73009700	Northern Pike		All sizes			Mercury
<b>KREMER</b> Itasca 31064500	Rainbow Trout		All sizes			Mercury
<b>LAC LA CROIX</b> St. Louis 69022400	Lake Trout			All sizes		Mercury
	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
White fish 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.						
<b>LAC LAVON</b> Dakota 19044600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>LAC QUI PARLE</b> Lac Qui Parle 37004600	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	White Bass		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>LADY SLIPPER</b> Lyon 42002000	Bullhead	All sizes				
	Walleye		shorter than 14"	14" or longer		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants	
<b>LAKE OF THE ISLES</b> Hennepin 27004000	Bluegill Sunfish		All sizes			PFOS	
	Carp		All sizes			Mercury	
	Crappie		All sizes			Mercury PFOS	
	Largemouth Bass		All sizes			PFOS	
	Northern Pike		All sizes			Mercury PFOS	
	Walleye				All sizes	Mercury	
	White Sucker		All sizes			Mercury	
	Yellow Perch		All sizes			Mercury	
<b>LAKE OF THE WOODS</b> Lake of the Woods 39000200	Cisco		All sizes			Mercury	
	Northern Pike		shorter than 24"	24" or longer		Mercury	
	Sauger		All sizes			Mercury	
	Smallmouth Bass			All sizes		Mercury	
	Walleye		All sizes			Mercury	
	White Sucker		All sizes			Mercury	
	Yellow Perch		All sizes			Mercury	
	<b>LANGTON</b> Ramsey 62004900	Bluegill Sunfish		All sizes			Mercury
Bullhead			All sizes			Mercury	
Crappie			All sizes			Mercury	
<b>LATIMER</b> Todd 77010500		Crappie	All sizes				
	White Sucker		All sizes			Mercury	
	<b>LATOKA</b> Douglas 21010600	Bluegill Sunfish		All sizes			Mercury
Carp			All sizes			Mercury	
Cisco			All sizes			Mercury	
Crappie			All sizes			Mercury	
Largemouth Bass				All sizes		Mercury	
Northern Pike				All sizes		Mercury	
Walleye					shorter than 21"	21" or longer	Mercury
<b>LAWRENCE</b> Cass 11005300		Bluegill Sunfish		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**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LAWRENCE</b> Itasca 31023100	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>LAX</b> Lake 38040600	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>LE HOMME DIEU</b> Douglas 21005600	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>LEANDER</b> St. Louis 69079600	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>LEECH</b> Cass 11020300	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>LEEK (TROWBRIDGE)</b> Otter Tail 56053200	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LEIF</b> Becker 03057500	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>LEMAY</b> Dakota 19005500	Bluegill Sunfish		All sizes			PFOS
<b>LEO</b> Cook 16019800	Rainbow Trout		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>LEORA</b> St. Louis 69052100	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	White Sucker	All sizes				
<b>LEWIS</b> Kanabec 33003200	Bluegill Sunfish			All sizes		Mercury
	Carp			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
<b>LICHEN</b> Cook 16038200	Walleye			All sizes		Mercury
<b>LIGHTNING</b> Grant 26028200	Carp	All sizes				
	Northern Pike		All sizes			Mercury
<b>LILY</b> Washington 82002300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>LINKA</b> Pope 61003700	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LINWOOD</b> Anoka 02002600	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>LINWOOD</b> St. Louis 69024800	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>LITTLE</b> Chisago 13003300	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>LITTLE</b> St. Louis 69005600	Northern Pike				All sizes	Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>LITTLE ALDEN</b> St. Louis 69013000	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>LITTLE BALL CLUB</b> Itasca 31082200	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>LITTLE BASS</b> Itasca 31057500	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>LITTLE BASS</b> Pine 58012700	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LITTLE BEAR</b> Itasca 31015600	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>LITTLE BIRCH</b> Todd 77008900	Bluegill Sunfish		All sizes			Mercury
	Cisco			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>LITTLE BOY</b> Cass 11016700	Bluegill Sunfish	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			Mercury
	Yellow Perch		All sizes			Mercury
<b>LITTLE CARNELIAN</b> Washington 82001400	Northern Pike			All sizes		Mercury
<b>LITTLE CASCADE</b> Cook 16034700	Northern Pike			shorter than 27"	27" or longer	Mercury
	Yellow Perch			All sizes		Mercury
<b>LITTLE CUT FOOT SIOUX</b> Itasca 31085200	Bullhead		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>LITTLE EMILY</b> Crow Wing 18020700	Northern Pike		All sizes			Mercury
<b>LITTLE FLOYD</b> Becker 03038600	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

**Notes:**

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LITTLE HANGING HORN</b> Carlton 09003500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>LITTLE IRON</b> Cook 16035500	Northern Pike		shorter than 18"	18" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>LITTLE JAY GOULD</b> Itasca 31056600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>LITTLE JOHANNA</b> Ramsey 62005800	Bluegill Sunfish		All sizes			Mercury PFOS
	Carp	All sizes				
	Crappie			All sizes		Mercury PFOS
	Northern Pike		shorter than 26"	26" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>LITTLE JOHN</b> Cook 16002600	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>LITTLE JOHNSON</b> St. Louis 69076000	Crayfish	All sizes				
	Lake Whitefish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>LITTLE KNIFE</b> Lake 38022900	Lake Trout			All sizes		Mercury
	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LITTLE LONG</b> Hennepin 27017900	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>LITTLE LONG</b> St. Louis 69006600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	White Sucker	All sizes				
<b>LITTLE LOON</b> St. Louis 69048400	Walleye			All sizes		Mercury
<b>LITTLE MANTRAP</b> Hubbard 29031300	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>LITTLE MCDONALD</b> Otter Tail 56032800	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>LITTLE PELICAN</b> Crow Wing 18035100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
<b>LITTLE PINE</b> Otter Tail 56014200	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 27"	27" or longer		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**

County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LITTLE ROCK</b> Benton 05001300	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>LITTLE SAGANAGA</b> Cook 16080900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Lake Trout			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>LITTLE SAND</b> Hubbard 29015000	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
White Sucker	All sizes					
<b>LITTLE SAND</b> St. Louis 69073200	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>LITTLE SANDY</b> St. Louis 69072900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
<b>LITTLE SPIRIT</b> Jackson 32002400	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
Yellow Perch	All sizes					
<b>LITTLE SWAN</b> Meeker 47002500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie			All sizes		Mercury
Northern Pike				All sizes	Mercury	
<b>LITTLE TROUT</b> Cook 16017000	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Lake Trout			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LITTLE TROUT</b> St. Louis 69045500	Bluegill Sunfish		All sizes			Mercury
	Cisco	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>LITTLE TROUT</b> St. Louis 69068200	Northern Pike			All sizes		Mercury
	Smallmouth Bass				All sizes	Mercury
	Walleye				All sizes	Mercury
	White Sucker		All sizes			Mercury
<b>LITTLE VERMILION</b> St. Louis 69060800	Cisco			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			shorter than 25"	25" or longer	Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			shorter than 16"	16" or longer	Mercury
	Yellow Perch			All sizes		Mercury
<b>LITTLE WAVERLY</b> Wright 86010600	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>LITTLE WILSON</b> Lake 38005100	Northern Pike			All sizes		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>LITTLE WINNIBIGOSHISH</b> Itasca 31085000	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LITTLE WOLF</b> Cass 11050500	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		shorter than 14"	14" or longer		Mercury
	White Sucker	All sizes				
<b>LIZZ</b> Cook 16019900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brook Trout		All sizes			Mercury
<b>LIZZIE</b> Otter Tail 56076000	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie			All sizes		Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
Walleye				All sizes	Mercury	
<b>LOBSTER</b> Douglas 21014400	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
White Sucker	All sizes					
<b>LOCATOR</b> St. Louis 69093600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Crayfish	All sizes				
Northern Pike				shorter than 20"	20" or longer	Mercury
<b>LOCH NESS</b> Anoka 02058500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Sunfish		All sizes			Mercury
<b>LOEB</b> Ramsey 62023100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
<b>LOFT</b> Cook 16003100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brook Trout		All sizes			Mercury
<b>LOITEN</b> St. Louis 69087200	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Largemouth Bass			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LOMOND</b> Clearwater 15008100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>LONE</b> Aitkin 01012500	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>LONG</b> Aitkin 01008900	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			shorter than 24"	24" or longer	Mercury
	Walleye			shorter than 17"	17" or longer	Mercury
<b>LONG</b> Becker 03038300	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>LONG</b> Big Stone 06002000	Carp	All sizes				
	Crappie		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>LONG</b> Cass 11014200	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>LONG</b> Clearwater 15005700	Bluegill Sunfish		All sizes			Mercury
	Rainbow Trout		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**

County DOWID\*

**Meal Advice**

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LONG</b> Hennepin 27016000	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
<b>LONG</b> Hubbard 29016100	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>LONG</b> Itasca 31057000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>LONG</b> Kandiyohi 34006600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>LONG</b> Kandiyohi 34019200	Bullhead			All sizes		Mercury
	Carp		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker			All sizes		Mercury
<b>LONG</b> Meeker 47002600	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Walleye			All sizes		Mercury
<b>LONG</b> Meeker 47017700	Bullhead	All sizes				
<b>LONG</b> Otter Tail 56038800	Bluegill Sunfish	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>LONG</b> Otter Tail 56078400	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LONG</b> Pine 58010700	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 23"	23" or longer		Mercury
<b>LONG</b> Ramsey 62006700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>LONG</b> St. Louis 69076500	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>LONG</b> St. Louis 69085900	Bluegill Sunfish		All sizes			Mercury
	Cisco			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye				All sizes	Mercury
<b>LONG</b> Stearns 73013900	Bluegill Sunfish		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	Mercury
<b>LONG</b> Stevens 75002400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
<b>LONG</b> Todd 77002700	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LONG LOST</b>						
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
<b>LONG TOM</b>						
Big Stone 06002900	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>LONGYEAR</b>						
St. Louis 69085700	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>LOON</b>						
Becker 03048900	Bluegill Sunfish		All sizes			Mercury
<b>LOON</b>						
Blue Earth 07009600	Crappie	All sizes				
	Walleye		All sizes			Mercury
<b>LOON</b>						
Cook 16044800	Cisco		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Northern Pike			shorter than 29"	29" or longer	Mercury
	Rock Bass		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>LOON</b>						
Itasca 31057100	Northern Pike			All sizes		Mercury
<b>LOON</b>						
Jackson 32002000	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LOON</b> St. Louis 69042600	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>LOON</b> St. Louis 69047000	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
Walleye			All sizes		Mercury	
<b>LOON</b> Waseca 81001500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
Largemouth Bass			All sizes		Mercury	
<b>LOST</b> Lake 38000300	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	White Sucker			All sizes		Mercury
Yellow Perch		All sizes			Mercury	
<b>LOST</b> St. Louis 69055600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
White Sucker		All sizes			Mercury	
<b>LOST</b> St. Louis 69058100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
Yellow Perch	All sizes					
<b>LOST</b> Washington 82013400	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
Northern Pike			All sizes		Mercury	
<b>LOTUS</b> Carver 10000600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
Walleye		All sizes			Mercury	

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>LOUISE</b> Washington 82002500	Bluegill Sunfish		All sizes			Mercury
<b>LOUISE MILL POND</b> Mower 50000100	Carp			All sizes		Mercury
	Largemouth Bass		All sizes			Mercury
<b>LOW</b> St. Louis 69007000	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>LOWER BOTTLE</b> Hubbard 29018000	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>LOWER COMSTOCK</b> St. Louis 69041202	Crappie			All sizes		Mercury
	Walleye				All sizes	Mercury
	White Sucker			All sizes		Mercury
<b>LOWER CULLEN</b> Crow Wing 18040300	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>LOWER HAY</b> Crow Wing 18037800	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LOWER PANASA</b> Itasca 31011200	Bullhead		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>LOWER PAUNESS</b> St. Louis 69046400	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>LOWER PRIOR</b> Scott 70002600	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
<b>LOWER SAKATAH</b> Rice 66004400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Freshwater Drum		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Bass			All sizes		Mercury
Yellow Perch		All sizes			Mercury	
<b>LOWER SUCKER</b> Cass 11031300	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 Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>LOWER TRELIPE</b> Cass 11012900	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>LOWER TWIN</b> Wadena 80003000	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>LUCKY</b> Itasca 31060300	Brown Trout		All sizes			Mercury
<b>LUCY</b> Carver 10000700	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>LUPUS</b> Lake 38003800	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>LURA</b> Blue Earth 07007900		All sizes				
	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>LYNX</b> St. Louis 69038300	Smallmouth Bass			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
<b>MADISON</b>						
Blue Earth 07004400	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Bass			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
<b>MAHNOMEN, ALSTEAD &amp; ARCO</b>						
Crow Wing 18044000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 31"	31" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
<b>MANTRAP</b>						
Hubbard 29015100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 25"	25" or longer		Mercury
	Sunfish	All sizes				
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>MANUELLA</b>						
Meeker 47005000	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
<b>MANY POINT</b>						
Becker 03015800	Bluegill Sunfish		All sizes			Mercury
	Bowfin			All sizes		Mercury
	Cisco	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**

<b>MAPLE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Douglas 21007900	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>MAPLE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Meeker 47000100	Carp	All sizes				
	Yellow Perch		All sizes			Mercury
<b>MAPLE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Polk 60030500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 21"	21" or longer		Mercury
	White Sucker	All sizes				
<b>MAPLE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Todd 77018100	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>MAPLE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Wright 86013400	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
<b>MARIETTA KIDS FISHING POND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lac Qui Parle 37035500	Carp		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
<b>MARION</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Dakota 19002600	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>MARION</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
McLeod 43008400	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Channel Catfish		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	Mercury
<b>MARION</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Otter Tail 56024300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MARION</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69075500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MARK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16025000	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>MARQUETTE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Beltrami 04014200	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>MARSH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Big Stone 06000100	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 22"	22" or longer		Mercury
	Yellow Perch		All sizes			Mercury
<b>MARSH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16048800	Northern Pike			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>MARTIN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Anoka 02003400	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>MARY</b> Douglas 21009200	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>MARY</b> Todd 77001900	Northern Pike			All sizes		Mercury
<b>MARY</b> Wright 86019300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>MASHKENODE</b> St. Louis 69072500	Bluegill Sunfish		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>MAUD</b> Becker 03050000	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye				shorter than 24" 24" or longer	Mercury
<b>MAUDE</b> St. Louis 69059000	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>MAYHEW</b> Benton 05000700	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>MAYHEW</b> Cook 16033700	Lake Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>MAYO</b> Crow Wing 18040800	Northern Pike			All sizes		Mercury
<b>MAZASKA</b> Rice 66003900	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>MCCARRON</b> Ramsey 62005400	Bluegill Sunfish		All sizes			Mercury PFOS
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
<b>MCDONALD</b> Cook 16023500	Northern Pike		shorter than 20"	20" or longer		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>MCFARLAND</b> Cook 16002700	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
<b>MCPHON</b> Scott 70005000	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>MEANDER</b> St. Louis 69032900	Smallmouth Bass			All sizes		Mercury

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## LAKE NAME

County DOWID\*

## Meal Advice

<b>MEDICINE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Beltrami 04012200	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MEDICINE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hennepin 27010400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury PFOS
	Northern Pike				All sizes	Mercury
	Yellow Perch			All sizes		Mercury
<b>MEDITATION</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16058300	Brook Trout			All sizes		Mercury
<b>MELISSA</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Becker 03047500	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass				All sizes	Mercury
	Northern Pike				All sizes	Mercury
	Sunfish		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>MESABA</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16067300	Lake Trout			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>MIDDLE JEFFERSON</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Le Sueur 40009204	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>MIDDLE MCDUGAL</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38065800	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>MIDGE</b> Hubbard 29006600	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>MILL</b> Douglas 21018000	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MILLE LACS</b> Mille Lacs 48000200	Burbot		All sizes			Mercury
	Carp		All sizes			Mercury
	Cisco	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 30"	30" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Sunfish		All sizes			Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				
Yellow Perch		All sizes			Mercury	
<b>MILLER</b> Carver 10002900	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>MILLS</b> Blue Earth 07009700	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>MILTONA</b> Douglas 21008300	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>MINA</b> Douglas 21010800	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			shorter than 20"	20" or longer	Mercury
<b>MINERVA</b> Clearwater 15007900	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		shorter than 19"	19" or longer		Mercury
<b>MINISTER</b> St. Louis 69006500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>MINK</b> Cook 16004600	Rainbow Trout		All sizes			Mercury
	Splake		All sizes			Mercury
<b>MINNETONKA</b> Hennepin 27013300	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 27"	27" or longer		Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker	All sizes				
<b>MINNEWASHTA</b> Carver 10000900	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Northern Pike		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>MINNEWASKA</b> Pope 61013000	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch			All sizes		Mercury
<b>MINNEWAWA</b> Aitkin 01003300	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MINNIE-BELLE</b> Meeker 47011900	Bluegill Sunfish	All sizes				
	Bullhead			All sizes		Mercury
	Largemouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MINNTAC TAILINGS BASIN</b> St. Louis 69000000	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>MIT</b> Cook 16019300	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MITAWAN</b> Lake 38056100	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MITCHELL</b> Hennepin 27007000	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>MITCHELL</b> Sherburne 71008100	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury PCBs
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MOBERG</b> St. Louis 69084700	Northern Pike			All sizes		Mercury
<b>MONONGALIA</b> Kandiyohi 34015800	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Northern Pike			All sizes		Mercury
	Sunfish		All sizes			Mercury
<b>MOON</b> Douglas 21022600	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>MOORE</b> Cook 16048900	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>MOOSE</b> Beltrami 04001100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MOOSE</b> Cook 16004300	Lake Trout			All sizes		Mercury
	Lake Whitefish		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>MOOSE</b> Itasca 31072200	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>MOOSE</b> Koochiching 36000800	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>MOOSE</b> Lake 38064400	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			shorter than 32"	32" or longer	Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
<b>MOOSE</b> St. Louis 69075000	Bluegill Sunfish	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>MOOSE</b> St. Louis 69080600	Bullhead		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MOOSEHEAD</b> Carlton 09004100	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			shorter than 19"	19" or longer	Mercury
	White Sucker			All sizes		Mercury
<b>MOOSEHORN</b> Cook 16001500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Splake			All sizes		Mercury
<b>MORGAN</b> Cook 16022000	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
<b>MOSES</b> Douglas 21024500	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>MOSS</b> Cook 16023400	White Sucker		All sizes			Mercury
<b>MOULTON</b> Aitkin 01021200	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie			All sizes		Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MOUNTAIN</b> Cook 16009300	Lake Trout			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>MOUNTAIN</b> Cottonwood 17000300	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>MOVIL</b> Beltrami 04015200	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>MUCKWA</b> St. Louis 69015900	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>MUD</b> Traverse 78002400	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>MUDRO</b> St. Louis 69007800	Burbot				All sizes	Mercury
	Cisco			All sizes		Mercury
	Northern Pike			shorter than 17"	17" or longer	Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>MUKOODA</b> St. Louis 69068400	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>MULE</b> Cass 11020000	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
<b>MURPHY</b> Otter Tail 56022900	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 23"	23" or longer		Mercury
<b>MURPHY</b> St. Louis 69064600	Crappie		All sizes			Mercury
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Walleye			All sizes		Mercury
<b>MURPHY</b> Scott 70001000	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Sauger			All sizes		Mercury
<b>MUSKRAT</b> Becker 03036000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>MUSQUASH</b> Cook 16010400	Splake		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>MYRTLE</b> St. Louis 69074900	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>NAMAKAN</b> St. Louis 69069300	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Lake Whitefish		All sizes			Mercury
	Northern Pike				shorter than 28" 28" or longer	Mercury
	Rock Bass				All sizes	Mercury
	Sauger				All sizes	Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye				All sizes	Mercury
	Yellow Perch			All sizes		Mercury
<b>NELS</b> St. Louis 69008000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike				shorter than 24" 24" or longer	Mercury
	Walleye				shorter than 19" 19" or longer	Mercury
<b>NEST</b> Kandiyohi 34015400	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Northern Pike				All sizes	Mercury
	Walleye				All sizes	Mercury
<b>NET</b> St. Louis 69075700	Northern Pike				All sizes	Mercury
<b>NEWFOUND</b> Lake 38061900	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Northern Pike				All sizes	Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
<b>NEWMAN</b> Hubbard 29023700	Rainbow Trout		All sizes			Mercury
<b>NEWTON</b> Lake 38078400	Northern Pike				All sizes	Mercury
	Walleye				All sizes	Mercury
	Yellow Perch				All sizes	Mercury
<b>NICADO</b> Lake 38023000	Northern Pike				All sizes	Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>NICKEL</b> Lake 38070500	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>NIGH</b> St. Louis 69045700	Northern Pike			All sizes		Mercury
	Walleye			shorter than 17"	17" or longer	Mercury
	White Sucker			All sizes		Mercury
<b>NINEMILE</b> Lake 38003300	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>NIPISQUIT</b> Lake 38023200	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>NOKAY</b> Crow Wing 18010400	Bluegill Sunfish			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>NOKOMIS</b> Hennepin 27001900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>NORTH</b> Cook 16033100	Lake Trout		shorter than 19"	19" or longer		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>NORTH BROWN'S</b> Stearns 73014700	Bluegill Sunfish		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>NORTH CENTER</b> Chisago 13003200	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>NORTH FOWL</b> Cook 16003600	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>NORTH LIDA</b> Otter Tail 56074701	Bluegill Sunfish	All sizes				
	Bullhead			All sizes		Mercury
	Carp		All sizes			Mercury
	Cisco		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			Mercury
<b>NORTH LONG</b> Crow Wing 18037200	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye			All sizes		Mercury
<b>NORTH MCDOUGAL</b> Lake 38068600	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>NORTH STAR</b> Itasca 31065300	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>NORTH STAR STEEL</b> Ramsey 62023700	Bluegill Sunfish		All sizes			Mercury
	Buffalo		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Freshwater Drum		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>NORTH TAMARACK</b> Becker 03024102	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>NORTH TURTLE</b> Otter Tail 56037900	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>NORTH TWIN</b> Mahnommen 44002300	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		All sizes			Mercury
<b>NORTH TWIN</b> 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

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>NORTHERN LIGHT</b>						
Cook 16008900	Northern Pike		shorter than 17"	17" or longer		Mercury
	Smallmouth Bass		All sizes			Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>NORWAY</b>						
Kandiyohi 34025100	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Freshwater Drum	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>NORWAY</b>						
Lake 38068800	Splake		All sizes			Mercury
<b>NOSE</b>						
Itasca 31041700	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>OAK</b>						
Carver 10009300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>OAK</b>						
Pine 58004800	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
<b>O'BRIEN</b>						
Itasca 31003200	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>O'BRIEN RES. #4</b>						
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
	Yellow Perch			All sizes		Mercury
<b>OCHEDA</b>						
Nobles 53002400	Carp	All sizes				
	Walleye	All sizes				
<b>O'DOWD</b>						
Scott 70009500	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>OGISHKEMUNCIE</b>						
Lake 38018000	Lake Trout			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>OJIBWAY</b>						
Lake 38064000	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Lake Trout			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
<b>OKABENA</b>						
Nobles 53002800	Channel Catfish		All sizes			Mercury
	Crappie	All sizes				
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>OLAF</b> Otter Tail 56095000	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>OLE</b> St. Louis 69017500	Bluegill Sunfish			All sizes		Mercury
	Walleye				All sizes	Mercury
	Yellow Perch			All sizes		Mercury
<b>O'LEARY</b> St. Louis 69068500	Crayfish	All sizes				
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>OLIVER</b> Swift 76014600	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>OLSON</b> Washington 82010300	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>ONE</b> Lake 38060500	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>ONE PINE</b> St. Louis 69006100	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 19"	19" or longer		Mercury
	Walleye			All sizes		Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>ORCHARD</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Dakota 19003100	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass				All sizes	Mercury
	Northern Pike				All sizes	Mercury
	Walleye				All sizes	Mercury
<b>ORGAN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38006700	Northern Pike				All sizes	Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>ORINIACK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69058700	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>ORONO</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Sherburne 71001300	Carp			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
<b>ORWELL</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Otter Tail 56094500	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>OSAKIS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Todd 77021500	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye				All sizes	Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>OSCAR</b> Douglas 21025700	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>OSIER</b> Lake 38042000	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Yellow Perch		All sizes			Mercury
<b>OSLO</b> St. Louis 69083800	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			shorter than 19"	19" or longer	Mercury
<b>OSSAWINNAKEE</b> Crow Wing 18035200	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>OTTER</b> Anoka 02000300	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>OTTER</b> Cook 16003200	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
<b>OTTER</b> McLeod 43008500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>OTTER TAIL</b> Otter Tail 56024200	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		shorter than 14"	14" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>OTTERTRACK</b> Lake 38021100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Lake Trout			All sizes		Mercury
	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>OTTO</b> St. Louis 69014400	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>OWASSO</b> Ramsey 62005600	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>OX HIDE</b> Itasca 31010600	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
<b>OYSTER</b> St. Louis 69033000	Northern Pike			shorter than 25"	25" or longer	Mercury
<b>PAGE</b> Stevens 75001900	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>PALMER</b> Hubbard 29008700	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>PAPOOSE</b> Crow Wing 18020600	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

<b>PARENT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38052600	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>PARK</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Carlton 09002900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>PARKERS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hennepin 27010700	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
<b>PARLEY</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Carver 10004200	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
<b>PAULINE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69058800	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>PEARL</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Stearns 73003700	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>PEARY</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69083300	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>PEBBLE</b> Otter Tail 56082900	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>PELICAN</b> Crow Wing 18030800	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
<b>PELICAN</b> Grant 26000200	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
<b>PELICAN</b> Otter Tail 56078600	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>PELICAN</b> Pope 61011100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
<b>PELICAN</b> St. Louis 69084100	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>PELICAN</b> Stearns 73011800	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>PELTIER</b> Anoka 02000400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	White Sucker		All sizes			Mercury
<b>PENN</b> Hennepin 27000400	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp		All sizes			Mercury
<b>PENNINGTON MINE</b> Crow Wing 18043900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Rainbow Trout		All sizes			Mercury
<b>PEQUAYWAN</b> St. Louis 69001100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Walleye			All sizes		Mercury
<b>PERCH</b> Carlton 09003600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike		All sizes			Mercury
<b>PERCH</b> Crow Wing 18037100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>PERCH</b> Lincoln 41006700	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	White Sucker	All sizes				
<b>PERCH</b> St. Louis 69005800	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>PERCH</b> St. Louis 69093200	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>PERENT</b> Lake 38022000	Walleye			All sizes		Mercury
<b>PERKINS</b> Stevens 75007500	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>PERRY</b> Crow Wing 18018600	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>PFEIFFER</b> St. Louis 69067100	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>PHALEN</b> Ramsey 62001300	Bluegill Sunfish		All sizes			Mercury PFOS
	Carp		All sizes			Mercury
	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
<b>PHOEBE</b> Cook 16080800	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

PICKERAL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Freeborn 24002500	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
PICKEREL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Aitkin 01018200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
PICKEREL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cook 16009700	Northern Pike		All sizes			Mercury
	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			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
PICKEREL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake 38074100	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
PICKEREL	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56047500	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 15"	15" or longer		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

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## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>PICKET</b> St. Louis 69059100	Northern Pike		All sizes			Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	Yellow Perch		All sizes			Mercury
<b>PIERSONS</b> Carver 10005300	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>PIERZ</b> Morrison 49002400	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>PIKE</b> Cook 16025200	Lake Whitefish		All sizes			Mercury
	Northern Pike		shorter than 18"	18" or longer		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>PIKE</b> Lake 38067000	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>PIKE</b> St. Louis 69049000	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>PIKE BAY</b> Cass 11041500	Cisco	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>PIKE RIVER FLOWAGE</b> St. Louis 69058000	Northern Pike			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>PIMUSHE</b> Beltrami 04003200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
<b>PINE</b> Clearwater 15014900	Bluegill Sunfish		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>PINE</b> Cook 16004100	Lake Whitefish		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>PINE</b> Cook 16019400	Brook Trout			All sizes		Mercury
	Splake		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>PINE</b> St. Louis 69000100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	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
<b>PINE MOUNTAIN</b> Cass 11041100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Cisco	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>PINE MOUNTAIN</b> Cook 16010800	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Brook Trout		All sizes			Mercury
<b>PIT</b> Cook 16015500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>PLANTAGENET</b> Hubbard 29015600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Cisco		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>PLANTATION</b> Itasca 31043900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
<b>PLATTE</b> Crow Wing 18008800	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
<b>PLEASANT</b> Cass 11038300	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 20"	20" or longer		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
<b>PLEASANT</b> St. Louis 69065500	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>PLEASANT</b> Wright 86025100	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>POKEGAMA</b> Itasca 31053200	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>POKEGAMA</b> Pine 58014200	Crappie		All sizes			Mercury
	Freshwater Drum		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>POLLY</b> Lake 38010400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>POMME DE TERRE</b> Grant 26009700	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>POPLAR</b> Cook 16023900	Lake Whitefish			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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**LAKE NAME**

County DOWID\*

**Meal Advice**

PORTAGE	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11020400	Bluegill Sunfish		All sizes			Mercury
	Cisco	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 29"	29" or longer		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
Cass 11047600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 22"	22" - 30"	30" or longer	Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch			All sizes		Mercury
Cook 16032700	Splake		All sizes			Mercury
	White Sucker		All sizes			Mercury
Crow Wing 18005000	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike		shorter than 23"	23" or longer		Mercury
	Walleye			All sizes		Mercury
Hubbard 29025000	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
PORTSMOUTH MINE Crow Wing 18043700	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Rainbow Trout	All sizes				

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>POTATO</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hubbard 29024300	Bluegill Sunfish	All sizes				
	Largemouth Bass		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				
<b>POWDERHORN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Hennepin 27001400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie			All sizes		Mercury
<b>POWERS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Washington 82009200	Bluegill Sunfish		All sizes			Mercury PFOS
	Crappie		All sizes			Mercury PFOS
	Northern Pike			All sizes		Mercury PFOS
	Yellow Perch		All sizes			PFOS
<b>PRAIRIE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Itasca 31038400	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye				shorter than 21"	21" or longer
<b>PRAIRIE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Otter Tail 56091500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>PRAIRIE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69084800	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>PRESTON</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Renville 65000200	Carp	All sizes				
	Crappie		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
<b>PULASKI</b> Wright 86005300	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>QUADGA</b> Lake 38059600	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>QUARTERLINE</b> St. Louis 69086900	Northern Pike		shorter than 12"	12" or longer		Mercury
<b>QUIGLEY</b> Dakota 19006600	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
<b>QUILL</b> St. Louis 69087100	Largemouth Bass			All sizes		Mercury
<b>RABBIT</b> Aitkin 01009100	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>RABBIT</b> Crow Wing 18009300	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 19"	19" or longer		Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>RABBIT (EAST PORTION)</b> Crow Wing 18009301	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

<b>RABBIT (WEST PORTION)</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crow Wing 18009302	Bluegill Sunfish	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>RABIDEAU</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Beltrami 04003400	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>RAINY</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69069400	Burbot			All sizes		Mercury
	Crappie		All sizes			Mercury
	Lake Whitefish		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			Mercury
Yellow Perch				All sizes		Mercury
<b>RAM</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16017400	Lake Trout		All sizes			Mercury
	Rainbow Trout	All sizes				
	White Sucker		All sizes			Mercury
<b>RAMSEY MILL POND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Mower 50000400	Carp		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
<b>RAMSHEAD</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69033900	Northern Pike			All sizes		Mercury
<b>RANIER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Itasca 31066400	Northern Pike			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>RAT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Aitkin 01007700	Bluegill Sunfish	All sizes				
	Bullhead			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

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>RAVINE</b> Washington 82008700	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
<b>REBECCA</b> Dakota 19000300	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>REBECCA</b> Hennepin 27019200	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>RED (UPPER RED)</b> Beltrami 04003501	Crappie		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>RED LAKE RIVER RES.</b> Pennington 57005100	Northern Pike			All sizes		Mercury
	Rock Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>RED ROCK</b> Cook 16079300	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>RED ROCK</b> Douglas 21029100	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
<b>RED ROCK</b> Hennepin 27007600	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
	Northern Pike			All sizes		Mercury
	Yellow Perch	All sizes				
<b>RED SAND</b> Crow Wing 18038600	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Sunfish	All sizes				
	Yellow Perch		All sizes			Mercury
<b>REDSKIN</b> Lake 38044000	Brook Trout		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>REDWOOD</b> Redwood 64005800	Bullhead		All sizes			Mercury
	Carp			All sizes		Mercury
	Channel Catfish			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>REEDS</b> Waseca 81005500	Northern Pike			All sizes		Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>REITZ</b> Carver 10005200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike		shorter than 22"	22" or longer		Mercury
<b>REMOTE</b> Aitkin 01003800	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>RENO</b> Pope 61007800	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>RICE</b> Cook 16045300	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>RICE</b> Crow Wing 18014500	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>RICE</b> Faribault 22000700	Bullhead	All sizes				
	Carp	All sizes				
	Yellow Perch	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>RICE</b>						
Itasca 31071700	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye				All sizes	Mercury
<b>RICE</b>						
Stearns 73019600	Carp			All sizes		Mercury
	Channel Catfish			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>RICHARDSON</b>						
Meeker 47008800	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
<b>RILEY</b>						
Carver 10000200	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>RINGO</b>						
Kandiyohi 34017200	Carp	All sizes				
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>RIPLEY</b>						
Meeker 47013400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>RIPPLE</b> Aitkin 01014600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>ROBERDS</b> Rice 66001800	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>ROCK</b> Lyon 42005200	Carp	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
<b>ROCK</b> Pine 58000700	Bluegill Sunfish		All sizes			Mercury
<b>ROD SMITH POND</b> Koochiching 36007800	Northern Pike			All sizes		Mercury
	Rainbow Trout	All sizes				
<b>ROGERS</b> Dakota 19008000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>ROOSEVELT</b> Cass 11004300	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>ROSE</b> Cook 16023000	Lake Trout			All sizes		Mercury
<b>ROSE</b> Otter Tail 56036000	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>ROUND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Aitkin 01002300	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
Aitkin 01007000	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
Aitkin 01013700	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
Aitkin 01020400	Carp		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
Cook 16060600	Northern Pike		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
Crow Wing 18037300	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie	All sizes				
	Northern Pike		shorter than 24"	24" or longer		Mercury
	Walleye		shorter than 18"	18" or longer		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**

County DOWID\*

**Meal Advice**

ROUND	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Hennepin 27007100	Bluegill Sunfish		All sizes			Mercury PFOS
	Bullhead	All sizes				
	Largemouth Bass		All sizes			PFOS
	Walleye				All sizes	Mercury
Itasca 31089600	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
Jackson 32006900	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
Ramsey 62007000	Bullhead	All sizes				
	Sunfish	All sizes				
ROY Mahnomen 44000100	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
RUBY Itasca 31042200	Northern Pike		shorter than 20"	20" or longer		Mercury
RUSH Chisago 13006900	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
RUSH Cook 16029900	Northern Pike			All sizes		Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>RUSH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crow Wing 18031100	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Lake Whitefish	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>RUSH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Otter Tail 56014100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>RUTH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Crow Wing 18021200	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>RYAN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69083500	Northern Pike				All sizes	Mercury
<b>SABIN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69043401	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye				All sizes	Mercury
<b>SABIN (EMBARRASS PIT)</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69042900	Lake Trout	All sizes				
	White Sucker	All sizes				
<b>SABRE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Le Sueur 40001400	Northern Pike			All sizes		Mercury
	White Bass			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SAGANAGA</b> Cook 16063300	Lake Trout		All sizes			Mercury
	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye		shorter than 14"	14" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>SAGATAGAN</b> Stearns 73009200	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike		shorter than 19"	19" or longer		Mercury
<b>SALLIE</b> Becker 03035900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
White Sucker		All sizes			Mercury	
<b>SALO</b> St. Louis 69003600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye				All sizes	Mercury
	White Sucker		All sizes			Mercury
Yellow Perch			All sizes		Mercury	
<b>SAND</b> Carlton 09001600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Freshwater Drum	All sizes				
	Northern Pike			All sizes		Mercury
White Sucker		All sizes			Mercury	

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>SAND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Itasca 31082600	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>SAND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38073500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>SAND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Pine 58008100	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>SAND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69073600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>SAND POINT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69061700	Cisco		All sizes			Mercury
	Crappie			All sizes		Mercury
	Crayfish	All sizes				
	Northern Pike			shorter than 23"	23" or longer	Mercury
	Sauger			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>SANDPIT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38078600	Northern Pike			shorter than 29"	29" or longer	Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SANDY</b> Beltrami 04012400	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>SARAH</b> Hennepin 27019100	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
<b>SARAH</b> Murray 51006300	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Carp	All sizes				
	Walleye	All sizes				
<b>SAUK</b> Todd 77015000	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	Mercury
<b>SAWBILL</b> Cook 16049600	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>SCANDINAVIAN</b> Pope 61004100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>SCHOOLCRAFT</b> Hubbard 29021500	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SEA GULL</b> Cook 16062900	Cisco		All sizes			Mercury
	Lake Trout		shorter than 12"	12" or longer		Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 14"	14" or longer		Mercury
<b>SEBIE</b> Crow Wing 18016100	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>SECOND FULDA</b> Murray 51002000	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Walleye		All sizes			Mercury
<b>SECTION 29</b> Lake 38029200	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>SECTION TWELVE</b> Lake 38071400	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>SERPENT</b> Crow Wing 18009000	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>SEVEN BEAVER</b> St. Louis 69000200	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SEVENTH CROW WING</b> Hubbard 29009100	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker	All sizes				
<b>SEWELL</b> Otter Tail 56040800	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>SHAGAWA</b> St. Louis 69006900	Northern Pike		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>SHAKOPEE</b> Mille Lacs 48001200	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>SHALLOW</b> Itasca 31008400	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
<b>SHAMINEAU</b> Morrison 49012700	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker	All sizes				
<b>SHANNON</b> St. Louis 69092500	Northern Pike			All sizes		Mercury
	Walleye				All sizes	Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SHAOKOTAN</b> Lincoln 41008900	Bullhead		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	Yellow Perch	All sizes				
<b>SHELL</b> Becker 03010200	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>SHETEK</b> Murray 51004600	Buffalo	All sizes				
	Carp	All sizes				
	Channel Catfish	All sizes				
	Crappie	All sizes				
	White Sucker	All sizes				
<b>SHIELDS</b> Rice 66005500	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>SHINGOBEE</b> Hubbard 29004300	Northern Pike		shorter than 16"	16" or longer		Mercury
<b>SHIPMAN BASS</b> St. Louis 69016800	Bluegill Sunfish			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>SHOE</b> Cook 16008000	Brook Trout		All sizes			Mercury
	Splake		All sizes			Mercury
<b>SIDE</b> St. Louis 69093300	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**

County DOWID\*

**Meal Advice**

<b>SIGNALNESS</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Pope 61014900	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>SILVER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Olmsted 55000300	Carp		All sizes			Mercury
	Channel Catfish			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch				All sizes	
<b>SILVER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Otter Tail 56030200	Rock Bass		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>SILVER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Ramsey 62000100	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>SILVER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Ramsey 62008300	Bullhead	All sizes				
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>SILVER</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69066200	Bluegill Sunfish		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SILVER</b> Wright 86014000	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>SILVER ISLAND</b> Lake 38021900	Crappie			All sizes		Mercury
	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>SIMLEY</b> Dakota 19003700	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike				All sizes	Mercury
	Walleye			All sizes		Mercury
<b>SISEBAKWET</b> Itasca 31055400	Bluegill Sunfish		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>SIX MILE</b> Cass 11014600	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 18"	18" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>SIX MILE</b> St. Louis 69084000	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SIXTH CROW WING</b> Hubbard 29009300	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				
<b>SLATE</b> Lake 38066600	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>SLEEPY EYE</b> Brown 08004500	Northern Pike		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>SLETTEN</b> St. Louis 69008400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>SLIM</b> St. Louis 69018100	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>SMETANA</b> Hennepin 27007300	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>SMITH</b> Douglas 21001600	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>SNAIL</b> Ramsey 62007300	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SNELLING</b> Hennepin 27000100	Bluegill Sunfish		All sizes			Mercury PFOS
	Carp		All sizes			Mercury
	Northern Pike			All sizes		Mercury PFOS
<b>SNIDER</b> Mahnomn 44004500	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>SNOWBALL</b> Itasca 31010800	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			shorter than 26"	26" or longer	Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>SNOWBANK</b> Lake 38052900	Burbot			All sizes		Mercury
	Lake Trout		shorter than 18"	18" or longer		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>SOUTH</b> Cook 16024400	Lake Trout			All sizes		Mercury
<b>SOUTH CENTER</b> Chisago 13002700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>SOUTH FARM</b> Lake 38077800	Bluegill Sunfish		All sizes			Mercury
	Cisco			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 17"	17" - 37"	37" or longer	Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**

County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SOUTH FOWL</b> Cook 16003400	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>SOUTH LIDA</b> Otter Tail 56074702	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>SOUTH LINDSTROM</b> Chisago 13002800	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>SOUTH LONG</b> Crow Wing 18013600	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>SOUTH MCDOUGAL</b> Lake 38065900	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>SOUTH TURTLE</b> Otter Tail 56037700	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>SOUTH TWIN</b> Beltrami 04005300	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 Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>SOUTH TWIN</b> Mahnomens 44001400	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Rock Bass		All sizes			Mercury
	Sunfish	All sizes				
	Walleye			All sizes		Mercury
	Yellow Perch	All sizes				
<b>SOUTH TWIN</b> St. Louis 69042000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>SPIDER</b> Hubbard 29011700	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>SPIRIT</b> Aitkin 01017800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>SPITZER</b> Otter Tail 56016000	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>SPLIT HAND</b> Itasca 31035300	Cisco	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SPLIT ROCK RES.</b> Pipestone 59000100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>SPRING</b> Meeker 47003200	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Northern Pike		shorter than 21"	21" or longer		Mercury
<b>SPRING</b> St. Louis 69076100	Lake Trout			All sizes		Mercury
	Lake Whitefish			All sizes		Mercury
	Northern Pike				All sizes	Mercury
	Smallmouth Bass			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>SPRING</b> Scott 70005400	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 28"	28" or longer		Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker	All sizes				
<b>SPURZEM</b> Hennepin 27014900	Bluegill Sunfish		All sizes			Mercury
	Crappie			All sizes		Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>SQUARE</b> Lake 38007400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>SQUARE</b> Washington 82004600	Northern Pike			All sizes		Mercury
	Yellow Perch	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**

County DOWID\*

**Meal Advice**

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SQUINT</b> Cook 16020200	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>ST. JAMES</b> Watonwan 83004300	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>ST. MARY'S</b> St. Louis 69065100	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Walleye			All sizes		Mercury
<b>STAHL'S</b> McLeod 43010400	Northern Pike		All sizes			Mercury
<b>STALKER</b> Otter Tail 56043700	Bluegill Sunfish	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>STAR</b> Cook 16040500	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>STAR</b> Meeker 47012900	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

STAR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Otter Tail 56038500	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
	Rock Bass		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker	All sizes				
Yellow Perch		All sizes			Mercury	
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			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
STEIGER	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10004500	Bluegill Sunfish		All sizes			Mercury
	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			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
STEVENS	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11011600	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			shorter than 31"	31" or longer	Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>STOCKING</b>						
Wadena 80003700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>STONY</b>						
Cass 11037100	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
<b>STRAIGHT</b>						
Becker 03001000	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>STRAND</b>						
St. Louis 69052900	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>STRAWBERRY</b>						
Becker 03032300	Largemouth Bass		shorter than 12"	12" or longer		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>STUART</b>						
Otter Tail 56019100	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>STUART</b>						
St. Louis 69020500	Northern Pike			shorter than 30"	30" or longer	Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>STUMP</b> Beltrami 04013001	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch				All sizes	
<b>STURGEON</b> Pine 58006700	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>STURGEON</b> St. Louis 69093900	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Lake Whitefish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>SUCKER</b> Lake 38053000	Cisco		All sizes			Mercury
	Northern Pike		shorter than 22"	22" or longer		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury
	Yellow Perch		All sizes			Mercury
<b>SUCKER</b> Ramsey 62002800	Bluegill Sunfish	All sizes				
	Bullhead			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>SUGAR</b> Aitkin 01008700	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		shorter than 21"	21" or longer		Mercury
	Walleye		shorter than 17"	17" or longer		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>SUGAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cass 11002600	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	Mercury
<b>SUGAR</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Wright 86023300	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>SULLIVAN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Morrison 49001600	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
<b>SUNRISE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Chisago 13003100	Bluegill Sunfish		All sizes			Mercury
	Bullhead	All sizes				
	Northern Pike		All sizes			Mercury
<b>SUNSET</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Aitkin 01020800	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
<b>SUNSET POND</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Dakota 19045100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>SURPRISE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38055000	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>SUSAN</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Carver 10001300	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		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
<b>SUSAN</b> St. Louis 69074100	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>SWAMP</b> Cook 16021500	Northern Pike		All sizes			Mercury
	Walleye		shorter than 16"	16" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>SWAMPER</b> Cook 16012800	Northern Pike				All sizes	Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
<b>SWAN</b> Cook 16026800	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>SWAN</b> Itasca 31006700	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>SWAN</b> McLeod 43004000	Carp	All sizes				
	Crappie	All sizes				
	Walleye	All sizes				
<b>SWAN</b> Otter Tail 56078100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>SWEDE</b> Carver 10009500	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>SWEENEY</b> Hennepin 27003501	Largemouth Bass		All sizes			PFOS

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>SWENSON</b> Beltrami 04008500	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>SYBIL</b> Otter Tail 56038700	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>SYLVAN</b> Cass 11030400	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>SYLVAN</b> Morrison 49003600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>SYLVANIA</b> Lake 38039500	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>T</b> Lake 38006600	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>TAFT</b> Hennepin 27068300	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>TAIT</b> Cook 16038400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>TAKUCMICH</b> St. Louis 69036900	Cisco			All sizes		Mercury
	Lake Trout				All sizes	Mercury
	Northern Pike			shorter than 26"	26" or longer	Mercury
<b>TALCOT</b> Cottonwood 17006000	Carp	All sizes				
	Walleye		All sizes			Mercury
	Yellow Perch	All sizes				
<b>TAMARACK</b> Carlton 09006700	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>TAMARACK</b> Pine 58002400	Bluegill Sunfish			All sizes		Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>TANNERS</b> Washington 82011500	Bluegill Sunfish		All sizes			PFOS
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			PFOS
	Largemouth Bass		All sizes			PFOS
	Northern Pike			All sizes		Mercury
<b>TEE</b> St. Louis 69008300	Yellow Perch			All sizes		Mercury
<b>TEN MILE</b> Cass 11041300	Bluegill Sunfish	All sizes				
	Cisco	All sizes				
	Crappie		All sizes			Mercury
	Lake Whitefish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Rock Bass		All sizes			Mercury
	Smallmouth Bass		All sizes			Mercury
	Sunfish		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>TEN MILE</b> Otter Tail 56061300	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
<b>TENTH CROW WING</b> Hubbard 29004500	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Cisco	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 26"	26" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>TETAGOUCHE</b> Lake 38023100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
<b>TETONKA</b> Le Sueur 40003100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Bass			All sizes		Mercury
	White Sucker		All sizes			Mercury
Yellow Perch		All sizes			Mercury	
<b>TEUFER</b> Koochiching 36001900	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Walleye			All sizes		Mercury
<b>THIRD CROW WING</b> Hubbard 29007700	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker	All sizes				
Walleye				All sizes	Mercury	

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>THIRTEEN</b> Cass 11048800	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>THISTLEDEW</b> Itasca 31015800	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>THOLE/SCHNEIDER</b> Scott 70012000	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
<b>THOMAS</b> Lake 38035100	Cisco		All sizes			Mercury
	Lake Trout			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>THOMPSON</b> Dakota 19004800	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Sunfish		All sizes			Mercury
<b>THOMPSON</b> Meeker 47015900	Bullhead		All sizes			Mercury
	Carp	All sizes				
	Yellow Perch		All sizes			Mercury
<b>THRASHER</b> Cook 16019200	Brook Trout			All sizes		Mercury
	Splake			All sizes		Mercury
<b>THREE</b> Lake 38060000	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
<b>THREE ISLAND</b> Beltrami 04013400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Northern Pike		shorter than 22"	22" or longer		Mercury
<b>THUNDER</b> Cass 11006200	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>THUNDERBIRD</b> Lake 38003100	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>TIMBER</b> Cook 16065400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>TOAD</b> Becker 03010700	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		shorter than 20"	20" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>TOM</b> Cook 16001900	Lake Whitefish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>TOOHEY</b> Cook 16064500	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury

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**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>TOOTH</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
St. Louis 69075600	Northern Pike				All sizes	Mercury
<b>TRAVERSE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Traverse 78002500	Bluegill Sunfish		All sizes			Mercury
	Buffalo		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Freshwater Drum	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			Mercury	
<b>TRIANGLE</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Lake 38071500	Northern Pike		shorter than 18"	18" or longer		Mercury
	Walleye		shorter than 13"	13" or longer		Mercury
<b>TRILLIUM</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cass 11027000	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Northern Pike		shorter than 18"	18" or longer		Mercury
<b>TROUT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Cook 16004900	Cisco			All sizes		Mercury
	Lake Trout			All sizes		Mercury
	Rainbow Trout	All sizes				
	Yellow Perch			All sizes		Mercury
<b>TROUT</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
Itasca 31021600	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>TROUT</b> Itasca 31041000	Bluegill Sunfish	All sizes				
	Lake Trout		shorter than 23"	23" or longer		Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>TROUT</b> St. Louis 69049800	Cisco		All sizes			Mercury
	Lake Trout		All sizes			Mercury
	Northern Pike		shorter than 17"	17" - 36"	36" or longer	Mercury
	Rock Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>TULABY</b> Mahnommen 44000300	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch	All sizes				
<b>TURTLE</b> Beltrami 04015900	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>TURTLE</b> Itasca 31072500	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Lake Whitefish	All sizes				
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>TURTLE</b> Ramsey 62006100	Carp		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
<b>TURTLE RIVER</b> Beltrami 04011100	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>TUSCARORA</b> Cook 16062300	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Lake Trout		All sizes			Mercury
<b>TWIN</b> Hennepin 27004200	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish		All sizes			PFOS
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury PFOS
	Largemouth Bass			All sizes		Mercury PFOS
Northern Pike		shorter than 24"	24" or longer			Mercury
<b>TWIN</b> St. Louis 69016300	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>TWO</b> Lake 38060800	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>TWO DEER</b> Lake 38067100	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
Yellow Perch		All sizes			Mercury	
<b>TWO INLETS</b> Becker 03001700	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye			All sizes		Mercury
White Sucker	All sizes					

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>TWO ISLAND</b>						
Cook 16015600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>TWO RIVERS</b>						
Stearns 73013800	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>UNION</b>						
Polk 60021700	Bluegill Sunfish	All sizes				
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>UNION</b>						
Wright 86029800	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>UNNAMED(JACKSON)</b>						
Washington 82030500	Crappie		All sizes			PFOS
<b>UPPER BOTTLE</b>						
Hubbard 29014800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	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

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 15"	15" 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			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
UPPER CORMORANT	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Becker 03058800	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			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			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 23"	23" or longer		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			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
UPPER MISSION	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18024200	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 20"	20" or longer		Mercury

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**LAKE NAME**

County DOWID\*

**Meal Advice**

UPPER PANASA	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Itasca 31011100	Bullhead	All sizes				
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
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				
UPPER PRIOR	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Scott 70007200	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	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			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Freshwater Drum		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Bass			All sizes		Mercury
	Yellow Perch			All sizes		Mercury
UPPER SOUTH LONG	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crow Wing 18009600	Bluegill Sunfish		All sizes			Mercury
	Cisco	All sizes				
	Crappie		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
<b>UPPER TWIN</b> Hubbard 29015700	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Redhorse Sucker			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>VALLEY (unnamed)</b> Dakota 19034800	Bluegill Sunfish		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>VERA</b> Lake 38049100	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>VERMILION</b> St. Louis 69037800	Bluegill Sunfish		All sizes			Mercury
	Cisco		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker		All sizes			Mercury
<b>VERMILLION</b> Cass 11002900	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass			All sizes		Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>VERNON</b> Cook 16026700	Smallmouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>VICTORIA</b> Douglas 21005400	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>VILLARD</b> Pope 61006700	Bluegill Sunfish		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>VIRGINIA</b> Carver 10001500	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>VIRGINIA</b> St. Louis 69066300	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			shorter than 37"	37" or longer	Mercury
<b>VISTA</b> Cook 16022400	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>VOLNEY</b> Le Sueur 40003300	Buffalo		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>WABANA</b> Itasca 31039200	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>WABEDO</b> Cass 11017100	Bluegill Sunfish		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WABOOSE</b> Hubbard 29009800	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>WACONIA</b> Carver 10005900	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Freshwater Drum		All sizes			Mercury
	Muskellunge				All sizes	Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>WAKEFIELD</b> Aitkin 01003600	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>WAKEFIELD</b> Ramsey 62001100	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
<b>WALKER</b> Otter Tail 56031000	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye				All sizes	Mercury
	White Sucker		All sizes			Mercury
<b>WALL</b> Otter Tail 56065800	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WALNUT</b> Faribault 22002300	Carp	All sizes				
	Crappie	All sizes				
	Yellow Perch	All sizes				
<b>WAMPUS</b> Cook 16019600	Yellow Perch		All sizes			Mercury
<b>WANLESS</b> Lake 38004900	Northern Pike			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>WAR CLUB</b> St. Louis 69093700	Northern Pike			All sizes		Mercury
<b>WARNER</b> Stearns 73001100	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
<b>WASHBURN</b> Cass 11005900	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>WASHINGTON</b> Le Sueur 40011700	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>WASHINGTON</b> Meeker 47004600	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass		shorter than 15"	15" or longer		Mercury
	Northern Pike			All sizes		Mercury
	Smallmouth Bass		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WASSERMANN</b> Carver 10004800	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		shorter than 28"	28" or longer		Mercury
	Yellow Perch			All sizes		Mercury
<b>WATONWAN</b> Lake 38007900	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>WAUKENABO</b> Aitkin 01013600	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>WAVERLY</b> Wright 86011400	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury PCBs
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>WEAVER</b> Hennepin 27011700	Bluegill Sunfish		All sizes			Mercury
	Bullhead			All sizes		Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>WEBB</b> Cass 11031100	Bluegill Sunfish	All sizes				
	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 Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>WELLS</b>						
Rice 66001000	Bluegill Sunfish		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Freshwater Drum	All sizes				
	Walleye		All sizes			Mercury
	White Bass			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
<b>WENCH</b>						
Cook 16039800	Brook Trout		All sizes			Mercury
<b>WEST BATTLE</b>						
Otter Tail 56023900	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Northern Pike		shorter than 18"	18" or longer		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>WEST CHUB</b>						
Lake 38067500	Northern Pike		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch	All sizes				
<b>WEST FOX</b>						
Crow Wing 18029700	Bluegill Sunfish	All sizes				
	Cisco		All sizes			Mercury
	Crappie	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>WEST GRAHAM</b>						
Nobles 53002100	Carp	All sizes				
	Walleye	All sizes				
	Yellow Perch	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WEST JEFFERSON</b> Le Sueur 40009202	Bluegill Sunfish	All sizes				
	Buffalo	All sizes				
	Bullhead	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
<b>WEST LAKE SYLVIA</b> Wright 86027900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>WEST LEAF</b> Otter Tail 56011400	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	White Sucker	All sizes				
<b>WEST MCDONALD</b> Otter Tail 56038602	Bluegill Sunfish	All sizes				
	Walleye		All sizes			Mercury
<b>WEST PIKE</b> Cook 16008600	Lake Trout		shorter than 20"	20" or longer		Mercury
	Smallmouth Bass			All sizes		Mercury
<b>WEST POPE</b> Cook 16034100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>WEST ROBINSON</b> St. Louis 69021700	Northern Pike		shorter than 26"	26" or longer		Mercury
<b>WEST RUSH</b> Chisago 13006902	Crappie		All sizes			Mercury
	Freshwater Drum		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
<b>WEST SILENT</b> Otter Tail 56051900	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

<b>LAKE NAME</b>	<b>Species</b>	<b>Unrestricted</b>	<b>1 meal / week</b>	<b>1 meal / month</b>	<b>Do Not Eat</b>	<b>Contaminants</b>
<b>WEST TWIN</b> Cook 16018600	Walleye		All sizes			Mercury
<b>WEST TWO RIVERS RES.</b> St. Louis 69099400	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
<b>WHALETAIL</b> Hennepin 27018400	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	White Sucker	All sizes				
<b>WHISKEY</b> Douglas 21021600	Bluegill Sunfish		All sizes			Mercury
	Walleye			All sizes		Mercury
<b>WHISPER</b> St. Louis 69005900	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>WHITE BEAR</b> Washington 82016700	Bluegill Sunfish	All sizes				
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>WHITE EARTH</b> Becker 03032800	Bluegill Sunfish	All sizes				
	Northern Pike		All sizes			Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WHITE IRON</b> St. Louis 69000400	Cisco		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			shorter than 33"	33" or longer	Mercury
	Rock Bass			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	Walleye			shorter than 23"	23" or longer	Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>WHITE PINE</b> Cook 16036900	Northern Pike		All sizes			Mercury
	Walleye		shorter than 19"	19" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>WHITE SWAN</b> Itasca 31026000	Northern Pike			All sizes		Mercury
<b>WHITEFACE RES.</b> St. Louis 69037500	Bluegill Sunfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Rock Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch			All sizes		Mercury
<b>WHITEFISH</b> 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			Mercury
<b>WHITEFISH</b> Lake 38006000	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
	Yellow Perch		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WHITEWATER</b> St. Louis 69037600	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker			All sizes		Mercury
<b>WILD RICE</b> St. Louis 69037100	Bluegill Sunfish		All sizes			Mercury PFOS
	Crappie		All sizes			Mercury PFOS
	Northern Pike		shorter than 24"	24" or longer		Mercury PFOS
	Walleye		shorter than 19"	19" or longer		Mercury PFOS
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>WILLIAMS</b> Hubbard 29001500	Largemouth Bass			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>WILLIE</b> Meeker 47006100	Bluegill Sunfish		All sizes			Mercury
	Buffalo		All sizes			Mercury
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker	All sizes				
<b>WILLMAR</b> Kandiyohi 34018000	Bluegill Sunfish		All sizes			Mercury
	Carp	All sizes				
	Crappie	All sizes				
	Walleye		All sizes			Mercury
	White Sucker	All sizes				
<b>WILLOW RESERVOIR 4</b> Olmsted 55002000	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
<b>WILLOW RESERVOIR 6A</b> Olmsted 55002100	Bluegill Sunfish		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	White Sucker			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
County DOWID\*

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WILSON</b> Lake 38004700	Northern Pike			All sizes		Mercury
	Walleye		shorter than 15"	15" or longer		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>WINCHELL</b> Cook 16035400	Lake Trout			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>WINCHESTER</b> St. Louis 69069000	Bluegill Sunfish		All sizes			Mercury
	Lake Trout			All sizes		Mercury
	Smallmouth Bass			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>WIND</b> Lake 38064200	Bluegill Sunfish	All sizes				
	Northern Pike		shorter than 27"	27" or longer		Mercury
	White Sucker	All sizes				
	Yellow Perch		All sizes			Mercury
<b>WINDIGO</b> Beltrami 04004800	Bluegill Sunfish	All sizes				
	Largemouth Bass		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
<b>WINDY</b> Lake 38006800	Lake Whitefish			All sizes		Mercury
	Northern Pike			shorter than 28"	28" or longer	Mercury
	Rock Bass			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>WINE</b> Cook 16068600	Lake Trout			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WINNIBIGOSHISH</b> Cass 11014700	Bullhead		All sizes			Mercury
	Cisco	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>WINONA</b> Douglas 21008100	Bullhead	All sizes				
	Carp	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass	All sizes				
	White Sucker	All sizes				
<b>WINONA</b> Winona 85001100	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Largemouth Bass	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye	All sizes				
<b>WINSTED</b> McLeod 43001200	Bluegill Sunfish			All sizes		Mercury
	Carp		All sizes			Mercury
	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
<b>WIRTH</b> Hennepin 27003700	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
<b>WOLF</b> Becker 03010100	Bluegill Sunfish	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury
	Walleye			All sizes		Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



**LAKE NAME**  
**County DOWID\***

**Meal Advice**

LAKE NAME County DOWID*	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>WOLF</b> Beltrami 04007900	Cisco		All sizes			Mercury
	Northern Pike		shorter than 20"	20" or longer		Mercury
	Walleye			All sizes		Mercury
	Yellow Perch		All sizes			Mercury
<b>WOLF</b> Itasca 31015200	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>WOLF</b> St. Louis 69014300	Crappie			All sizes		Mercury
	Northern Pike			All sizes		Mercury
	Walleye			shorter than 21"	21" or longer	Mercury
	White Sucker			All sizes		Mercury
<b>WOLF</b> St. Louis 69016100	Bluegill Sunfish		All sizes			Mercury
	Northern Pike			All sizes		Mercury
	Walleye			All sizes		Mercury
	White Sucker		All sizes			Mercury
<b>WOLF</b> St. Louis 69058200	Northern Pike			All sizes		Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury
	Yellow Perch		All sizes			Mercury
<b>WOLFE PARK</b> Hennepin 27066400	Bluegill Sunfish	All sizes				
	Bullhead	All sizes				
	Crappie		All sizes			Mercury
	Northern Pike			All sizes		Mercury

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## LAKE NAME

County DOWID\*

## Meal Advice

WOMAN	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cass 11020100	Bluegill Sunfish	All sizes				
	Bullhead		All sizes			Mercury
	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			Mercury
WOOD	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Watowan 83006000	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Walleye		All sizes			Mercury
WOOD PARK	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Dakota 19002400	Bluegill Sunfish		All sizes			Mercury
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			Mercury
	Yellow Perch		All sizes			Mercury
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 15"	15" or longer	Mercury
YANKTON	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lyon 42004700	White Sucker	All sizes				
ZUMBRA-SUNNY	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carver 10004100	Bluegill Sunfish		All sizes			Mercury
	Bullhead		All sizes			Mercury
	Crappie		All sizes			Mercury
	Northern Pike		All sizes			Mercury

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# Fish Consumption Guidelines for Women Who Are or May Become Pregnant, and Children under Age 15, Lakes



## LAKE NAME

County DOWID\*

## Meal Advice

LAKE NAME	Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
<b>ZUMBRO</b> Olmsted 55000400	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		All sizes			Mercury
	Crappie		All sizes			Mercury PFOS
	Largemouth Bass			All sizes		Mercury PFOS
	Northern Pike			All sizes		Mercury
<b>ZUMWALDE</b> Stearns 73008900	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Channel Catfish		shorter than 22"	22" or longer		Mercury
	Crappie		All sizes			Mercury
	Largemouth Bass			All sizes		Mercury
	Northern Pike		All sizes			Mercury
	Redhorse Sucker		All sizes			Mercury
	Walleye		All sizes			Mercury
	White Sucker		All sizes			Mercury

### More information:

See Information at:

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

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