

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

Lake Name, County, DOWID*

Meal Advice

ADA, Cass County, DOWID: 11025000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	All sizes	-	-	-	-
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury

ADAMS, Lake County, DOWID: 38015300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ADLEY, Otter Tail County, DOWID: 56003100

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
White Sucker	-	All sizes	-	-	Mercury

AGATE, Cass County, DOWID: 11021600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

AGNES, Douglas County, DOWID: 21005300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

AGNES, St. Louis County, DOWID: 69083000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

AITKIN, Aitkin County, DOWID: 01004000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

**Exhibit
2777**

State of Minnesota v. 3M Co.,
Court File No. 27-CV-10-28862

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

Lake Name, County, DOWID*

Meal Advice

ALBERT LEA, Freeborn County, DOWID: 24001400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

ALDEN, St. Louis County, DOWID: 69013100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Redhorse Sucker	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ALDER, Cook County, DOWID: 16011400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

ALEXANDER, Morrison County, DOWID: 49007900

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

ALGER, Lake County, DOWID: 38005400

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

ALIMAGNET, Dakota County, DOWID: 19002100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury

ALPINE, Cook County, DOWID: 16075900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Walleye	-	-	shorter than 22"	22" or longer	Mercury

ALTON, Cook County, DOWID: 16062200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Walleye	-	shorter than 14"	14" - 23"	23" or longer	Mercury

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

Lake Name, County, DOWID*

Meal Advice

AMBER, Lake County, DOWID: 38033600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

AMELIA, Pope County, DOWID: 61006400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

ANDREW, Douglas County, DOWID: 21008500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 18"	18" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

ANDREW, Kandiyohi County, DOWID: 34020600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	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

ANDRUSIA, Beltrami County, DOWID: 04003800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

ANN, Carver County, DOWID: 10001200

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

ANN, Kanabec County, DOWID: 33004000

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

ANN, Wright County, DOWID: 86019000

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
Walleye	-	-	All sizes	-	Mercury

ANNA, Otter Tail County, DOWID: 56044800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

ARMSTRONG, St. Louis County, DOWID: 69027800

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
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

ARTICHOKE, Big Stone County, DOWID: 06000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

ARVILLA, Meeker County, DOWID: 47002300

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

ASH, St. Louis County, DOWID: 69086400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ASPEN, Cook County, DOWID: 16020400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

ASPEN, Itasca County, DOWID: 31069000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

ASTRID, St. Louis County, DOWID: 69058900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 19"	19" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

AUBURN, Carver County, DOWID: 10004400

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

AUGUST, Lake County, DOWID: 38069100

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

AUTO, St. Louis County, DOWID: 69073100

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

BABY, Cass County, DOWID: 11028300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BAD MEDICINE, Becker County, DOWID: 03008500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

BALD EAGLE, Ramsey County, DOWID: 62000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BALL BLUFF, Aitkin County, DOWID: 01004600

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

BALL CLUB, Cook County, DOWID: 16018200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 15"	15" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BALL CLUB, Itasca County, DOWID: 31081200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BALM, Beltrami County, DOWID: 04032900

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

BALSAM, Itasca County, DOWID: 31025900

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

BALSAM, Lake County, DOWID: 38024500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BAN, St. Louis County, DOWID: 69074200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BARKER, Cook County, DOWID: 16035800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

BARRETT, Grant County, DOWID: 26009500

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

BARTLETT, Koochiching County, DOWID: 36001800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

BASS, Faribault County, DOWID: 22007400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

BASS, Itasca County, DOWID: 31031600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury

BASS, Itasca County, DOWID: 31057600

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

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

Lake Name, County, DOWID*

Meal Advice

BASS, Pine County, DOWID: 58012800

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

BASS, St. Louis County, DOWID: 69006300

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

BASS, St. Louis County, DOWID: 69044600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury

BASS, St. Louis County, DOWID: 69055300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

BASS, Wright County, DOWID: 86023400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury

BASSETT, St. Louis County, DOWID: 69004100

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	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

BASSWOOD, Lake County, DOWID: 38064500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 33"	33" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury

BATTLE CREEK, Washington County, DOWID: 82009100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	PFOS
Bullhead	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury PFOS

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

Lake Name, County, DOWID*

Meal Advice

BAVARIA, Carver County, DOWID: 10001900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	-	All sizes	-	Mercury
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury

BAY, Crow Wing County, DOWID: 18003400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

BEAN, Lake County, DOWID: 38040900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	All sizes	-	-	-	-
Splake	-	All sizes	-	-	Mercury

BEAR, Freeborn County, DOWID: 24002800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

BEAR, Lake County, DOWID: 38040500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

BEAR ISLAND, St. Louis County, DOWID: 69011500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 18"	18" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BEARHEAD, St. Louis County, DOWID: 69025400

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 17"	17" or longer	-	Mercury

BEARSKIN, Cook County, DOWID: 16022800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BEAST, St. Louis County, DOWID: 69083700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 23"	23" or longer	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

BEAUTY, Hubbard County, DOWID: 29029200

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	-	-	All sizes	-	Mercury

BEAUTY, Itasca County, DOWID: 31002800

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
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

BEAVER, Ramsey County, DOWID: 62001600

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
Sunfish	-	All sizes	-	-	Mercury

BEAVER, Steele County, DOWID: 74002300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury

BEAVER HUT, Lake County, DOWID: 38073700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

BEEBE, Wright County, DOWID: 86002300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury

BEETLE, Lake County, DOWID: 38055100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BELL, St. Louis County, DOWID: 69080500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

BELLE, Meeker County, DOWID: 47004900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BELLE TAINE, Hubbard County, DOWID: 29014600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BELLO, Itasca County, DOWID: 31072600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

BELTRAMI, Beltrami County, DOWID: 04013500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BEMIDJI, Beltrami County, DOWID: 04013000

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

BENEDICT, Hubbard County, DOWID: 29004800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

BENNETT, Ramsey County, DOWID: 62004800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Channel Catfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	PFOS
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury PFOS

BENSON, Lake County, DOWID: 38001800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Splake	-	-	All sizes	-	Mercury

BENTON, Lincoln County, DOWID: 41004300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	shorter than 15"	15" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BETTY, Meeker County, DOWID: 47004200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

BIG, Beltrami County, DOWID: 04004900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

BIG, Carlton County, DOWID: 09003200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

BIG, St. Louis County, DOWID: 69005000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

BIG, St. Louis County, DOWID: 69019000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

BIG, Sherburne County, DOWID: 71008200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BIG, Stearns County, DOWID: 73015900

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

BIG, Todd County, DOWID: 77006300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

BIG BASS, Beltrami County, DOWID: 04013200

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

BIG BASS, Mahanomen County, DOWID: 44000600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BIG BEAR, St. Louis County, DOWID: 69011300

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

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

Lake Name, County, DOWID*

Meal Advice

BIG BIRCH, Todd County, DOWID: 77008400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

BIG CARNELIAN, Washington County, DOWID: 82004900

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
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

BIG CORMORANT, Becker County, DOWID: 03057600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

BIG FISH, Stearns County, DOWID: 73010600

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
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	-
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

BIG KANDIYOHI, Kandiyohi County, DOWID: 34008600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

BIG MARINE, Washington County, DOWID: 82005200

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
Walleye	-	-	All sizes	-	Mercury

BIG MCDONALD, Otter Tail County, DOWID: 56038601

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

BIG MOOSE, St. Louis County, DOWID: 69031600

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

BIG PINE, Aitkin County, DOWID: 01015700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury

BIG PINE, Otter Tail County, DOWID: 56013000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

BIG PINE, Pine County, DOWID: 58013800

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	-	-	All sizes	-	Mercury

BIG PORTAGE, Cass County, DOWID: 11030800

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	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BIG SAND, Cass County, DOWID: 11007700

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
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

BIG SAND, Hubbard County, DOWID: 29018500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 25"	25" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BIG SANDY, Aitkin County, DOWID: 01006200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

BIG STONE, Big Stone County, DOWID: 06015200

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	-	-	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

BIG STONE NWR EAST POOL, Lac Qui Parle County, DOWID: 37035100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

BIG STONE NWR WEST POOL, Lac Qui Parle County, DOWID: 37035600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BIG STONY, Hubbard County, DOWID: 29014300

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	-	shorter than 25"	25" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

BIG SWAN, Meeker County, DOWID: 47003800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Channel Catfish	-	-	All sizes	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

BIG SWAN, Todd County, DOWID: 77002300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

BIG TROUT, Crow Wing County, DOWID: 18031500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BIG TWIN, Martin County, DOWID: 46013300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

BINAGAMI, Cook County, DOWID: 16009800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	-	-	Mercury

BINGSHICK, Cook County, DOWID: 16062700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	-	All sizes	-	Mercury

BIRCH, Cass County, DOWID: 11041200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BIRCH, Cook County, DOWID: 16024700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
Rainbow Trout	All sizes	-	-	-	-
Smallmouth Bass	-	All sizes	-	-	Mercury
Splake	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BIRCH, Lake County, DOWID: 38053200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

BIRCH, St. Louis County, DOWID: 69000300

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
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BLACK DUCK, St. Louis County, DOWID: 69084200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BLACK HOOFF, Crow Wing County, DOWID: 18011700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

BLACK ISLAND, Itasca County, DOWID: 31041600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BLACKDUCK, Beltrami County, DOWID: 04006900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

BLACKHAWK, Dakota County, DOWID: 19005900

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

BLACKWATER, Cass County, DOWID: 11027400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BLACKWATER, Itasca County, DOWID: 31056100

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

BLANCHE, Otter Tail County, DOWID: 56024000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

BLANDIN, Itasca County, DOWID: 31053300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
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

BLIND, Aitkin County, DOWID: 01018800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	shorter than 30"	30" or longer	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BLUE, Hubbard County, DOWID: 29018400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Rainbow Trout	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BLUEBERRY, Wadena County, DOWID: 80003400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 22"	22" or longer	-	Mercury

BOG, Lake County, DOWID: 38044300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

BOLFING, Stearns County, DOWID: 73008800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BONE, Lake County, DOWID: 38006500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brown Trout	-	-	All sizes	-	Mercury
Rainbow Trout	-	All sizes	-	-	Mercury
Splake	-	-	All sizes	-	Mercury

BONE, Washington County, DOWID: 82005400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

BOOT, Becker County, DOWID: 03003000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BORDEN, Crow Wing County, DOWID: 18002000

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

BOTKERS, Big Stone County, DOWID: 06012100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	-	All sizes	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

BOUDER, Cook County, DOWID: 16038300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

BOULDER, Hubbard County, DOWID: 29016200

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
Walleye	-	shorter than 21"	21" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BOULDER, St. Louis County, DOWID: 69037300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

BOWER TROUT, Cook County, DOWID: 16017500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BOWSTRING, Itasca County, DOWID: 31081300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 19"	19" or longer	-	Mercury

BOY, Cass County, DOWID: 11014300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BRIAR, St. Louis County, DOWID: 69012800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury

BRIGGS, Sherburne County, DOWID: 71014600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BRIGHT, Martin County, DOWID: 46005200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

BRONSON, Kittson County, DOWID: 35000300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BROWN, St. Louis County, DOWID: 69083900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 23"	23" or longer	Mercury

BROWNIE, Hennepin County, DOWID: 27003800

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

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

Lake Name, County, DOWID*

Meal Advice

BROWNS, Lake County, DOWID: 38078000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Walleye	-	shorter than 18"	18" or longer	-	Mercury

BRULE, Cook County, DOWID: 16034800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

BRYANT, Hennepin County, DOWID: 27006700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	-	All sizes	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

BUCHANAN, Otter Tail County, DOWID: 56020900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

BUCK, Itasca County, DOWID: 31006900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

BUDD, Martin County, DOWID: 46003000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Channel Catfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

BUFFALO, Murray County, DOWID: 51001800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BUFFALO, Wright County, DOWID: 86009000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

BUNNY, Lake County, DOWID: 38029300

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

BURANDT, Carver County, DOWID: 10008400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	-	All sizes	-	Mercury
Crappie	-	-	All sizes	-	Mercury
Freshwater Drum	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

BURGEN, Douglas County, DOWID: 21004900

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

BURNTSIDE, St. Louis County, DOWID: 69011800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

BUSH, Hennepin County, DOWID: 27004700

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
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

BUTTON BOX, Itasca County, DOWID: 31017500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

BYLLESBY, Dakota County, DOWID: 19000600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CADOTTE, St. Louis County, DOWID: 69011400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CALHOUN, Hennepin County, DOWID: 27003100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CALHOUN, Kandiyohi County, DOWID: 34006200

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

CAMP, Swift County, DOWID: 76007200

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

CANISTEO PIT, Itasca County, DOWID: 31128200

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

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

Lake Name, County, DOWID*

Meal Advice

CANNON, Rice County, DOWID: 66000800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

CARIBOU, Cook County, DOWID: 16036000

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
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

CARIBOU, Itasca County, DOWID: 31062000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CARIBOU, St. Louis County, DOWID: 69048900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

CARLOS, Douglas County, DOWID: 21005700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

CARR, Beltrami County, DOWID: 04014100

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

CARRIE, Kandiyohi County, DOWID: 34003200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-

CARROT, Cook County, DOWID: 16007100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

CARVER, Washington County, DOWID: 82016600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury PFOS
Sunfish	All sizes	-	-	-	-

CASCADE, Cook County, DOWID: 16034600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CASS, Beltrami County, DOWID: 04003000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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.

CEDAR, Aitkin County, DOWID: 01020900

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

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

Lake Name, County, DOWID*

Meal Advice

CEDAR, Hennepin County, DOWID: 27003900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CEDAR, Lake County, DOWID: 38081000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CEDAR, McLeod County, DOWID: 43011500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

CEDAR, Martin County, DOWID: 46012100

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

CEDAR, Morrison County, DOWID: 49014000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	-	All sizes	-	-	Mercury

CEDAR, Rice County, DOWID: 66005200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

CEDAR, Scott County, DOWID: 70009100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

CEDAR, Wright County, DOWID: 86022700

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	-	-	Mercury

CEDAR ISLAND, Stearns County, DOWID: 73013300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CENTERVILLE, Anoka County, DOWID: 02000600

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

CHARLOTTE, Wright County, DOWID: 86001100

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

CHESTER, Cook County, DOWID: 16003300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brown Trout	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

CHIPPEWA, Douglas County, DOWID: 21014500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

CHISAGO, Chisago County, DOWID: 13001200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

CHRISTIANSON, Lake County, DOWID: 38075000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

CHRISTINE, Cook County, DOWID: 16037300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 20"	20" or longer	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CHRISTMAS, Hennepin County, DOWID: 27013700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CHUB, Carlton County, DOWID: 09000800

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
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

CIRCLE, Rice County, DOWID: 66002700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

CLARA, Cook County, DOWID: 16036500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

CLEAR, Aitkin County, DOWID: 01009300

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

CLEAR, Jackson County, DOWID: 32002200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Walleye	All sizes	-	-	-	-

CLEAR, Koochiching County, DOWID: 36001100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

CLEAR, Lake County, DOWID: 38072200

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
White Sucker	-	All sizes	-	-	Mercury

CLEAR, Le Sueur County, DOWID: 40007900

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

CLEAR, Meeker County, DOWID: 47009500

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

CLEAR, St. Louis County, DOWID: 69074700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

CLEAR, St. Louis County, DOWID: 69079900

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

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

Lake Name, County, DOWID*

Meal Advice

CLEAR, Waseca County, DOWID: 81001400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 19"	19" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	-

CLEAR, Washington County, DOWID: 82016300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

CLEARWATER, Beltrami County, DOWID: 04034300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CLEARWATER, Cook County, DOWID: 16013900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Lake Trout	-	shorter than 20"	20" or longer	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CLEARWATER, Crow Wing County, DOWID: 18003800

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	-	shorter than 23"	23" or longer	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	shorter than 19"	19" or longer	-	Mercury

CLEARWATER, Wright County, DOWID: 86025200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

CLEARY, Scott County, DOWID: 70002200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	All sizes	-	-	-	-
Largemouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

CLITHERALL, Otter Tail County, DOWID: 56023800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

CLOQUET, Lake County, DOWID: 38053900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 26"	26" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CLUB WEST, Anoka County, DOWID: 02076400

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
Walleye	-	All sizes	-	-	Mercury

CLUBHOUSE, Itasca County, DOWID: 31054000

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

COBBLESTONE, Dakota County, DOWID: 19045600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

COE, St. Louis County, DOWID: 69056200

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
Yellow Perch	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

COFFEE, Lake County, DOWID: 38006400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	shorter than 17"	17" or longer	Mercury
White Sucker	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

COKATO, Wright County, DOWID: 86026300

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
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

COLBY, St. Louis County, DOWID: 69024900

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
Walleye	-	-	-	All sizes	Mercury
White Sucker	-	All sizes	-	-	Mercury

COLBY, Washington County, DOWID: 82009400

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

COLLINWOOD, Wright County, DOWID: 86029300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

COMFORT, Chisago County, DOWID: 13005300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

COMFORT, Lake County, DOWID: 38029000

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

COMO, Ramsey County, DOWID: 62005500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

COOK, Lake County, DOWID: 38000400

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

COON, Anoka County, DOWID: 02004200

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

COON-SANDWICK, Itasca County, DOWID: 31052400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-

CORNELIA, Hennepin County, DOWID: 27002800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

COTTON, Becker County, DOWID: 03028600

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
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

COTTONWOOD, Lyon County, DOWID: 42001400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CRAB, Cook County, DOWID: 16035700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CRAB, St. Louis County, DOWID: 69022000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	-	All sizes	Mercury
Smallmouth Bass	-	-	-	All sizes	Mercury

CRANE, St. Louis County, DOWID: 69061600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CRELLIN, St. Louis County, DOWID: 69045900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	-	All sizes	-	Mercury

CRESCENT, Cook County, DOWID: 16045400

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
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CROCODILE, Cook County, DOWID: 16011900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

CROOKED, Anoka County, DOWID: 02008400

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
White Sucker	All sizes	-	-	-	-

CROOKED, Cass County, DOWID: 11049400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CROOKED, Cook County, DOWID: 16072300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

CROOKED, Crow Wing County, DOWID: 18004100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 18"	18" or longer	-	Mercury

CROOKED, Itasca County, DOWID: 31019300

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
Northern Pike	-	-	shorter than 32"	32" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

CROOKED, Lake County, DOWID: 38002400

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
Yellow Perch	-	All sizes	-	-	Mercury

CROOKED, Lake County, DOWID: 38081700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	-	shorter than 27"	27" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

CROSS, Carlton County, DOWID: 09006200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bowfin	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

CROSS, Pine County, DOWID: 58011900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Freshwater Drum	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

CROSS LAKE RES., Crow Wing County, DOWID: 18031200

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	-	shorter than 14"	14" or longer	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury

CROSS RIVER, Lake County, DOWID: 38000200

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

CROSSCUT, Lake County, DOWID: 38025700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

CROW WING, Crow Wing County, DOWID: 18015500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

CRUISER, St. Louis County, DOWID: 69083200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brown Trout	-	-	All sizes	-	Mercury
Lake Trout	-	-	All sizes	-	Mercury

CRUM, Itasca County, DOWID: 31017100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

CRYSTAL, Blue Earth County, DOWID: 07009800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	-
Northern Pike	All sizes	-	-	-	-
Walleye	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

CRYSTAL, Cass County, DOWID: 11050200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

CRYSTAL, Dakota County, DOWID: 19002700

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

CRYSTAL, Hennepin County, DOWID: 27003400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	PFOS
Crappie	-	All sizes	-	-	Mercury PFOS
Yellow Perch	-	All sizes	-	-	PFOS

CRYSTAL, Otter Tail County, DOWID: 56074900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

CUT FOOT SIOUX, Itasca County, DOWID: 31085700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
Walleye	-	All sizes	-	-	Mercury

CUTAWAY, Itasca County, DOWID: 31042900

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
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

DAM, Aitkin County, DOWID: 01009600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

DAM FIVE, Lake County, DOWID: 38005300

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

DANIELS, Cook County, DOWID: 16015000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

DARK, Koochiching County, DOWID: 36001400

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

DARK, St. Louis County, DOWID: 69079000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	shorter than 28"	28" or longer	Mercury
White Sucker	-	-	All sizes	-	Mercury

DARLING, Douglas County, DOWID: 21008000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	Mercury

DAVIS, Cook County, DOWID: 16043500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

DAY, St. Louis County, DOWID: 69090600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	-	All sizes	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

DAYTON HOLLOW RES., Otter Tail County, DOWID: 56082400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	-	All sizes	-	Mercury
Carp	-	-	All sizes	-	Mercury
Redhorse Sucker	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

DEAD, Otter Tail County, DOWID: 56038300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 18"	18" or longer	-	Mercury

DEAD COON, Lincoln County, DOWID: 41002100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

DEEP, Lake County, DOWID: 38066800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Rock Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

DEEP, St. Louis County, DOWID: 69066600

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
White Sucker	All sizes	-	-	-	-

DEER, Beltrami County, DOWID: 04023000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

DEER, Itasca County, DOWID: 31033400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

DEER, Itasca County, DOWID: 31071900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

DEER YARD, Cook County, DOWID: 16025300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	shorter than 23"	23" or longer	Mercury
White Sucker	-	All sizes	-	-	Mercury

DEL CLARK, Yellow Medicine County, DOWID: 87018000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

DELAY, Lake County, DOWID: 38041500

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

DELLWATER, Beltrami County, DOWID: 04033100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

DEMONTREVILLE, Washington County, DOWID: 82010100

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

DETROIT, Becker County, DOWID: 03038100

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	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

DEVIL TRACK, Cook County, DOWID: 16014300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

DEVILFISH, Cook County, DOWID: 16002900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

DEVILS, Kanabec County, DOWID: 33003300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

DIAMOND, Kandiyohi County, DOWID: 34004400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury

DICK, Cook County, DOWID: 16015700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

DINHAM, St. Louis County, DOWID: 69054400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

DISAPPOINTMENT, Lake County, DOWID: 38048800

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

DISLOCATION, Cook County, DOWID: 16016700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury

DIVIDE, Lake County, DOWID: 38025600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	-	All sizes	-	-	Mercury
Splake	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

DIXON, Itasca County, DOWID: 31092100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury

DORA, Le Sueur County, DOWID: 40001000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bowfin	-	-	All sizes	-	Mercury
Buffalo	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
White Bass	All sizes	-	-	-	-
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

DOUBLE, Cottonwood County, DOWID: 17005600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	All sizes	-	-	-	-

DOVRE, St. Louis County, DOWID: 69060400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

DRAGON, Lake County, DOWID: 38055200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

DRY, St. Louis County, DOWID: 69006400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brown Trout	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Splake	-	All sizes	-	-	Mercury

DUCK, Blue Earth County, DOWID: 07005300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

DUCK, Hubbard County, DOWID: 29014200

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

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

Lake Name, County, DOWID*

Meal Advice

DUMBBELL, Lake County, DOWID: 38039300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 16"	16" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

DUNCAN, Cook County, DOWID: 16023200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Lake Trout	-	shorter than 19"	19" or longer	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

DUNN, Cook County, DOWID: 16024500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury

DUNNIGAN, Lake County, DOWID: 38066400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

DUNNS, Meeker County, DOWID: 47008200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

DUTCH, Hennepin County, DOWID: 27018100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

DYERS, Cook County, DOWID: 16063400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

EAGLE, Blue Earth County, DOWID: 07006000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Freshwater Drum	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

EAGLE, Carlton County, DOWID: 09005700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	-
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

EAGLE, Carver County, DOWID: 10012100

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
Walleye	-	-	All sizes	-	Mercury

EAGLE, Hubbard County, DOWID: 29025600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	Mercury

EAGLE, Kandiyohi County, DOWID: 34017100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Buffalo	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

EAGLE, Otter Tail County, DOWID: 56025300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

EAGLE, Sherburne County, DOWID: 71006700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	All sizes	-	-	-	-

EAGLE/PIKE, Hennepin County, DOWID: 27011100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

EAGLES NEST #1, St. Louis County, DOWID: 69028501

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

EAGLES NEST #2, St. Louis County, DOWID: 69028502

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

EAGLES NEST #3, St. Louis County, DOWID: 69028503

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

EAGLES NEST #4, St. Louis County, DOWID: 69021800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

EAST, Itasca County, DOWID: 31046000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

EAST, Lake County, DOWID: 38002000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	-	All sizes	-	Mercury

EAST BATTLE, Otter Tail County, DOWID: 56013800

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
White Sucker	-	All sizes	-	-	Mercury

EAST BEARSKIN, Cook County, DOWID: 16014600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

EAST CHUB, Lake County, DOWID: 38067400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

EAST CROOKED, Hubbard County, DOWID: 29010101

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

EAST FOX, Cook County, DOWID: 16063600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

EAST GRAHAM, Nobles County, DOWID: 53002000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Buffalo	All sizes	-	-	-	-
Channel Catfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

EAST LAKE SYLVIA, Wright County, DOWID: 86028900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

EAST LEAF, Otter Tail County, DOWID: 56011600

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

EAST LOON, Otter Tail County, DOWID: 56052300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

EAST LOST, Otter Tail County, DOWID: 56037800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

EAST MOORE, Anoka County, DOWID: 02007501

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	All sizes	-	-	-	-
Channel Catfish	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Sunfish	All sizes	-	-	-	-

EAST PIKE, Cook County, DOWID: 16004200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	All sizes	-	-	Mercury

EAST POPE, Cook County, DOWID: 16034200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 26"	26" or longer	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

EAST RUSH, Chisago County, DOWID: 13006901

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Freshwater Drum	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

EAST SIDE, Mower County, DOWID: 50000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury

EAST SOLOMON, Kandiyohi County, DOWID: 34024600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

EAST SPIRIT, Otter Tail County, DOWID: 56050100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

EAST TOQUA, Big Stone County, DOWID: 06013800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

EAST TWIN, Anoka County, DOWID: 02013300

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

EAST TWIN, Cook County, DOWID: 16014500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	-	-	Mercury

EAST TWIN, St. Louis County, DOWID: 69017400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

EAST VADNAIS, Ramsey County, DOWID: 62003801

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

ECHO, Lake County, DOWID: 38002800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	-	All sizes	-	-	Mercury
Splake	-	All sizes	-	-	Mercury

ECHO, St. Louis County, DOWID: 69061500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

ED SHAVE, St. Louis County, DOWID: 69019900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

EDDY, Carlton County, DOWID: 09003900

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
White Sucker	-	-	All sizes	-	Mercury

EDEN, Stearns County, DOWID: 73015000

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
Walleye	-	-	All sizes	-	Mercury

EDWARD, Crow Wing County, DOWID: 18030500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

EIGHTEEN, Lake County, DOWID: 38043200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

EIGHTH CROW WING, Hubbard County, DOWID: 29007200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

EK, St. Louis County, DOWID: 69084300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 15"	15" or longer	-	Mercury

ELBOW, Becker County, DOWID: 03015900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 19"	19" or longer	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

ELBOW, Cook County, DOWID: 16009600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 17"	17" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

ELBOW, Cook County, DOWID: 16080500

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
Yellow Perch	-	All sizes	-	-	Mercury

ELBOW, St. Louis County, DOWID: 69071700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

ELBOW, St. Louis County, DOWID: 69074400

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

ELEPHANT, St. Louis County, DOWID: 69081000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

ELEVEN, Kanabec County, DOWID: 33000100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

ELEVENTH CROW WING, Hubbard County, DOWID: 29003600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

ELIZABETH, Itasca County, DOWID: 31049000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

ELIZABETH, Kandiyohi County, DOWID: 34002200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

ELK, Clearwater County, DOWID: 15001000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

ELK, Sherburne County, DOWID: 71005500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

ELM ISLAND, Aitkin County, DOWID: 01012300

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
Walleye	-	All sizes	-	-	Mercury

ELMO, Washington County, DOWID: 82010600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

ELY, St. Louis County, DOWID: 69066000

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
White Sucker	-	All sizes	-	-	Mercury

ELYSIAN, Waseca County, DOWID: 81009500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Buffalo	-	All sizes	-	-	Mercury
Bullhead	All sizes	-	-	-	-
Carp	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Walleye	All sizes	-	-	-	-

EMBARRASS, St. Louis County, DOWID: 69049600

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

EMILY, Crow Wing County, DOWID: 18020300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

EMILY, Le Sueur County, DOWID: 40012400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Buffalo	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

EMILY, Pope County, DOWID: 61018000

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

EMPIRE (UNNAMED), Dakota County, DOWID: 19034200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

ENSIGN, Lake County, DOWID: 38049800

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

ERIE, Meeker County, DOWID: 47006400

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
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ESQUAGAMA, St. Louis County, DOWID: 69056500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

ESQUAGAMAH, Aitkin County, DOWID: 01014700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

ESTHER, Cook County, DOWID: 16002300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	All sizes	-	-	-	-
Splake	-	All sizes	-	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

EUGENE, St. Louis County, DOWID: 69047300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	-	All sizes	-	Mercury
Northern Pike	-	-	shorter than 20"	20" or longer	Mercury
White Sucker	-	All sizes	-	-	Mercury

EVERETT, St. Louis County, DOWID: 69012000

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
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

EVERGREEN, Hubbard County, DOWID: 29022700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	-	All sizes	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

EXTORTION, Cook County, DOWID: 16045000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Splake	-	-	All sizes	-	Mercury

FALL, Lake County, DOWID: 38081100

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
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

FARM, Lake County, DOWID: 38077900

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
Northern Pike	-	shorter than 17"	17" - 37"	37" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury

FARM ISLAND, Aitkin County, DOWID: 01015900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

FAT, St. Louis County, DOWID: 69048100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury

FEATHER, Cook County, DOWID: 16090500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

FENSKE, St. Louis County, DOWID: 69008500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

FIFTH CROW WING, Hubbard County, DOWID: 29009200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

FINGER, Cook County, DOWID: 16064600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

FIRST CROW WING, Hubbard County, DOWID: 29008600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

FISH, Chisago County, DOWID: 13006800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	Mercury

FISH, Dakota County, DOWID: 19005700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

FISH, Hennepin County, DOWID: 27011800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

FISH, Jackson County, DOWID: 32001800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Channel Catfish	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

FISH, Kanabec County, DOWID: 33003600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

FISH, Martin County, DOWID: 46014500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Channel Catfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-

FISH, Otter Tail County, DOWID: 56006600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

FISH, Otter Tail County, DOWID: 56068400

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 19"	19" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-

FISH, Scott County, DOWID: 70006900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

FISH HOOK, Hubbard County, DOWID: 29024200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

FISH LAKE FLOWAGE, St. Louis County, DOWID: 69049100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

FISH TRAP, Morrison County, DOWID: 49013700

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 19"	19" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

FISHMOUTH, St. Louis County, DOWID: 69083400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

FIVE, Kanabec County, DOWID: 33000300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury

FLASH, Lake County, DOWID: 38063000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

FLAT HORN, Lake County, DOWID: 38056800

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
Yellow Perch	-	All sizes	-	-	Mercury

FLEMING, Aitkin County, DOWID: 01010500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

FLORIAN PARK RES., Marshall County, DOWID: 45011900

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

FLORIDA, Kandiyohi County, DOWID: 34021700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

FLOUR, Cook County, DOWID: 16014700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

FLOYD, Becker County, DOWID: 03038700

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
White Sucker	All sizes	-	-	-	-

FOOT, Kandiyohi County, DOWID: 34018100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

FOREST, Washington County, DOWID: 82015900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	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 23"	23" or longer	-	Mercury

FORSYTHE, Itasca County, DOWID: 31056000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

FOUND, Lake County, DOWID: 38062000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

FOUNTAIN, Freeborn County, DOWID: 24001800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Channel Catfish	-	All sizes	-	-	PCBs
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

FOUR MILE, Cook County, DOWID: 16063900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 14"	14" or longer	-	Mercury

FOURTEEN, St. Louis County, DOWID: 69079300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	shorter than 25"	25" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

FOURTH CROW WING, Hubbard County, DOWID: 29007800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

FOURTOWN, Lake County, DOWID: 38081300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

FOX, Martin County, DOWID: 46010900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Channel Catfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

FRANCES, Le Sueur County, DOWID: 40005700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

FRANCIS, Isanti County, DOWID: 30008000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

FRANCIS, Meeker County, DOWID: 47000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

FRANKLIN, Otter Tail County, DOWID: 56075900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

FRANKLIN, St. Louis County, DOWID: 69075400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

FRASER, Lake County, DOWID: 38037200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

FREAR, Cook County, DOWID: 16080600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

FRENCH, Aitkin County, DOWID: 01010400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

FRENCH, McLeod County, DOWID: 43010900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

FRENCH, Rice County, DOWID: 66003800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

FRENCH, Wright County, DOWID: 86027300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

FRONTENAC, Hubbard County, DOWID: 29024100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

FROST, Cook County, DOWID: 16057100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

GABIMICHIGAMI, Cook County, DOWID: 16081100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

GAMES, Kandiyohi County, DOWID: 34022400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Freshwater Drum	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

GANDER, Lake County, DOWID: 38055400

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

GANNON, St. Louis County, DOWID: 69081900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 23"	23" or longer	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

GARDEN, Lake County, DOWID: 38078200

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
Northern Pike	-	shorter than 17"	17" - 37"	37" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury

GARDEN LAKE RES., Lake County, DOWID: 38073800

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
Northern Pike	-	shorter than 17"	17" - 37"	37" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury

GARFIELD, Hubbard County, DOWID: 29006100

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
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

GASKIN, Cook County, DOWID: 16031900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

GE-BE-ON-EQUAT, St. Louis County, DOWID: 69035000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	shorter than 19"	19" or longer	Mercury

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

Lake Name, County, DOWID*

Meal Advice

GEGOKA, Lake County, DOWID: 38057300

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
Yellow Perch	-	All sizes	-	-	Mercury

GENEVA, Douglas County, DOWID: 21005200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

GEORGE, Anoka County, DOWID: 02009100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

GEORGE, Blue Earth County, DOWID: 07004700

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

GEORGE, Hubbard County, DOWID: 29021600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

GEORGE, Kandiyohi County, DOWID: 34014200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 19"	19" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

GEORGE, Martin County, DOWID: 46002400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Channel Catfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

GERMAN, Le Sueur County, DOWID: 40006300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

GERVAIS, Ramsey County, DOWID: 62000700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

GILBERT PIT, St. Louis County, DOWID: 69130600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Rainbow Trout	All sizes	-	-	-	-
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

GILCHRIST, Pope County, DOWID: 61007200

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
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

GILLIS, Cook County, DOWID: 16075300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

GILSTAD, Beltrami County, DOWID: 04002400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

GIRL, Cass County, DOWID: 11017400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

GLACIER, Aitkin County, DOWID: 01004200

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

GOLDEN, Anoka County, DOWID: 02004500

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

GOLDENEYE, Lake County, DOWID: 38002900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

GOOSE, Chisago County, DOWID: 13008300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

GOOSE, Ramsey County, DOWID: 62003400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
White Sucker	All sizes	-	-	-	-

GOOSE, Washington County, DOWID: 82005900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

GORMAN, Le Sueur County, DOWID: 40003200

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	-	-	All sizes	-	Mercury

GRACE, Hubbard County, DOWID: 29007100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	shorter than 26"	26" or longer	-	Mercury
Sunfish	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

GRAND, St. Louis County, DOWID: 69051100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

GRAND, Stearns County, DOWID: 73005500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

GRANITE, Wright County, DOWID: 86021700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

GRASS, Lake County, DOWID: 38063500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

GRASSY, St. Louis County, DOWID: 69008200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

GRAVE, Itasca County, DOWID: 31062400

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

GREAT NORTHERN, Stearns County, DOWID: 73008300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

GREEN, Chisago County, DOWID: 13004100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

GREEN, Isanti County, DOWID: 30013600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

GREEN, Kandiyohi County, DOWID: 34007900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

GREEN PRAIRIE FISH, Morrison County, DOWID: 49003500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

GREENLEAF, Meeker County, DOWID: 47006200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Largemouth Bass	All sizes	-	-	-	-

GREENSTONE, Lake County, DOWID: 38071800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 14"	14" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

GREENWOOD, Cook County, DOWID: 16007700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	-	All sizes	-	Mercury
Lake Trout	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

GREENWOOD, Lake County, DOWID: 38065600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

GRINDSTONE, Pine County, DOWID: 58012300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Lake Trout	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

GROUSE, Lake County, DOWID: 38055700

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
Yellow Perch	-	All sizes	-	-	Mercury

GROVE, Pope County, DOWID: 61002300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

GUILE, Itasca County, DOWID: 31056900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

GULL, Beltrami County, DOWID: 04012000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

GULL, Cass County, DOWID: 11030500

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
Sunfish	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

GUN, Aitkin County, DOWID: 01009900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

GUN, St. Louis County, DOWID: 69048700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	-	All sizes	Mercury
Lake Whitefish	-	-	All sizes	-	Mercury

GUN CLUB, Dakota County, DOWID: 19007800

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

GUNFLINT, Cook County, DOWID: 16035600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	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	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

GUST, Cook County, DOWID: 16038000

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
Yellow Perch	-	All sizes	-	-	Mercury

GYPSY, Lake County, DOWID: 38066500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	-	All sizes	-	Mercury

HAFFTEN, Hennepin County, DOWID: 27019900

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

HALF MOON, Hennepin County, DOWID: 27015200

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

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

Lake Name, County, DOWID*

Meal Advice

HALF MOON, St. Louis County, DOWID: 69065700

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

HALL, Martin County, DOWID: 46003100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

HALLETT, Nicollet County, DOWID: 52000100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

HAM, Anoka County, DOWID: 02005300

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

HAM, Hubbard County, DOWID: 29001700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury

HAMMAL, Aitkin County, DOWID: 01016100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

HAND, Cook County, DOWID: 16023800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

HANGING HORN, Carlton County, DOWID: 09003800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

HANGING KETTLE, Aitkin County, DOWID: 01017000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	-	All sizes	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

HANKS, Crow Wing County, DOWID: 18004400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

HANSKA, Brown County, DOWID: 08002600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Channel Catfish	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

HARE, Lake County, DOWID: 38002600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

HARRIET, Hennepin County, DOWID: 27001600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

HARRIET, Lake County, DOWID: 38004800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

HARRIS, Lake County, DOWID: 38073600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

HART, Itasca County, DOWID: 31002000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury

HATTIE, Stevens County, DOWID: 75020000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	-	-	All sizes	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

HAYES, Roseau County, DOWID: 68000400

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
White Sucker	-	All sizes	-	-	Mercury

HEIGHT OF LAND, Becker County, DOWID: 03019500

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

HENDERSON, Kandiyohi County, DOWID: 34011600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

HENDRICKS, Lincoln County, DOWID: 41011000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

HENNEPIN, Hubbard County, DOWID: 29024600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

HENRY, Douglas County, DOWID: 21005100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury

HENSON, Cook County, DOWID: 16031400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury

HERITAGE, St. Louis County, DOWID: 69046900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	shorter than 22"	22" or longer	Mercury

HERON, Jackson County, DOWID: 32005700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Buffalo	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

HIAWATHA, Hennepin County, DOWID: 27001800

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

HICKORY, Aitkin County, DOWID: 01017900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

HIGH, St. Louis County, DOWID: 69007100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Splake	-	All sizes	-	-	Mercury

HIGHLIFE, Lake County, DOWID: 38067300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Brook Trout	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

HILL, Aitkin County, DOWID: 01014200

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
Rock Bass	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury

HINIKER POND, Blue Earth County, DOWID: 07014700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
White Bass	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

HOBO, St. Louis County, DOWID: 69006200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

HOBSON, St. Louis County, DOWID: 69092300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury

HOG, Cook County, DOWID: 16065300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

HOGBACK, Lake County, DOWID: 38005700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	All sizes	-	-	-	-
Splake	-	All sizes	-	-	Mercury

HOLLY, Cook County, DOWID: 16036600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

HOMER, Cook County, DOWID: 16040600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 18"	18" or longer	-	Mercury
Walleye	-	shorter than 13"	13" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

HOOK, McLeod County, DOWID: 43007300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

HORSE, Lake County, DOWID: 38079200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

HORSEHEAD, Itasca County, DOWID: 31004700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

HORSESHOE, Cass County, DOWID: 11035800

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
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

HORSESHOE, Crow Wing County, DOWID: 18025100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

HORSESHOE, Itasca County, DOWID: 31069600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury

HORSESHOE, Le Sueur County, DOWID: 40000100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

HORSESHOE, Stearns County, DOWID: 73015700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

HOWARD, Wright County, DOWID: 86019900

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
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

HUBERT, Crow Wing County, DOWID: 18037500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
Walleye	-	All sizes	-	-	Mercury

HUNGRY JACK, Cook County, DOWID: 16022700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

HUNT, Rice County, DOWID: 66004700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

HUSTLER, St. Louis County, DOWID: 69034300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

HYDES, Carver County, DOWID: 10008800

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

HYLAND, Hennepin County, DOWID: 27004800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	PFOS

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

Lake Name, County, DOWID*

Meal Advice

IDA, Becker County, DOWID: 03058200

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
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

IDA, Douglas County, DOWID: 21012300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	shorter than 30"	30" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

IDA, Wright County, DOWID: 86014600

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

IMA, Lake County, DOWID: 38040000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

IMOGENE, Martin County, DOWID: 46001200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Northern Pike	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

INDEPENDENCE, Hennepin County, DOWID: 27017600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

INDEPENDENCE, Jackson County, DOWID: 32001700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

INGUADONA, Cass County, DOWID: 11012000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

INSULA, Lake County, DOWID: 38039700

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

IRENE, Douglas County, DOWID: 21007600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

IRON, Cook County, DOWID: 16032800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 17"	17" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

IRVING, Beltrami County, DOWID: 04014000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

ISABELLA, Lake County, DOWID: 38039600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

ISLAND, Becker County, DOWID: 03015300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

ISLAND, Hubbard County, DOWID: 29025400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-

ISLAND, Itasca County, DOWID: 31064400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury

ISLAND, Itasca County, DOWID: 31075400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury

ISLAND, Itasca County, DOWID: 31091300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	-	-	-
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
Sunfish	All sizes	-	-	-	-
Walleye	-	shorter than 23"	23" or longer	-	Mercury

ISLAND, Mahnomen County, DOWID: 44003800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ISLAND, Ramsey County, DOWID: 62007500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Channel Catfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ISLAND LAKE RES., St. Louis County, DOWID: 69037200

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
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

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

Lake Name, County, DOWID*

Meal Advice

ITASCA, Clearwater County, DOWID: 15001600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	shorter than 25"	25" or longer	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

JACK, Lake County, DOWID: 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

JANE, Washington County, DOWID: 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

JASPER, Cook County, DOWID: 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

JAY GOULD, Itasca County, DOWID: 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	-	-	-	-

JEANETTE, St. Louis County, DOWID: 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

JEFFERSON, Le Sueur County, DOWID: 40009200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Buffalo	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

JENNIE, Meeker County, DOWID: 47001500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 21"	21" or longer	-	Mercury

JESSIE, Itasca County, DOWID: 31078600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

JEWETT, Otter Tail County, DOWID: 56087700

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
Walleye	-	-	All sizes	-	Mercury

JIM, Cook County, DOWID: 16013500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

JOHANNA, Pope County, DOWID: 61000600

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

JOHANNA, Ramsey County, DOWID: 62007800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

JOHN, Cook County, DOWID: 16003500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 19"	19" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

JOHN, Wright County, DOWID: 86028800

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
Walleye	-	-	All sizes	-	Mercury

JOHN RES., Yellow Medicine County, DOWID: 87018100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

JOHNSON, Lake County, DOWID: 38024200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

JOHNSON, St. Louis County, DOWID: 69011700

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

JOHNSON, St. Louis County, DOWID: 69069100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 19"	19" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

JORGENS, St. Louis County, DOWID: 69086700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crayfish	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury

JOSEPH, St. Louis County, DOWID: 69015700

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	-	shorter than 18"	18" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-

JOSEPHINE, Ramsey County, DOWID: 62005700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury PFOS
Bullhead	-	-	All sizes	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

JOUPII, Lake County, DOWID: 38090900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	-	All sizes	-	Mercury

JULIA, Beltrami County, DOWID: 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

JULIA, Sherburne County, DOWID: 71014500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

JUNO, Cook County, DOWID: 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

KABEKONA, Hubbard County, DOWID: 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

KABETOGAMA, St. Louis County, DOWID: 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

KABUSTASA, St. Louis County, DOWID: 69067900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

KANE, Lake County, DOWID: 38065100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

KATHERINE, Lake County, DOWID: 38053800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

KAWISHIWI, Lake County, DOWID: 38008000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 15"	15" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

KELLER, Ramsey County, DOWID: 62001000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	PFOS
Largemouth Bass	-	All sizes	-	-	PFOS

KELLY, St. Louis County, DOWID: 69090100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

KELSO, Cook County, DOWID: 16070600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

KEMO, Cook County, DOWID: 16018800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
Splake	-	All sizes	-	-	Mercury

KIMBALL, Crow Wing County, DOWID: 18036100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

KINOGAMI, Cook County, DOWID: 16037800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

KITCHI, Beltrami County, DOWID: 04000700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

KITIGAN, Lake County, DOWID: 38055900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

KJOSTAD, St. Louis County, DOWID: 69074800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	-	All sizes	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	shorter than 21"	21" or longer	Mercury

KNAUS, Stearns County, DOWID: 73008600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

KNIFE, Kanabec County, DOWID: 33002800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Redhorse Sucker	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

KNIFE, Lake County, DOWID: 38040400

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

KORONIS, Stearns County, DOWID: 73020000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

KOWALSKI, Lake County, DOWID: 38001600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

KRAYS, Stearns County, DOWID: 73008700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

KREIGLE, Stearns County, DOWID: 73009700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury

KREMER, Itasca County, DOWID: 31064500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	-	All sizes	-	-	Mercury

LAC LA CROIX, St. Louis County, DOWID: 69022400

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

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.

LAC LAVON, Dakota County, DOWID: 19044600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

LAC QUI PARLE, Lac Qui Parle County, DOWID: 37004600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LADY SLIPPER, Lyon County, DOWID: 42002000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Walleye	-	shorter than 14"	14" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LAKE OF THE ISLES, Hennepin County, DOWID: 27004000

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	-	-	PFOS
Northern Pike	-	All sizes	-	-	Mercury PFOS
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

LAKE OF THE WOODS, Lake of the Woods County, DOWID: 39000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LANGTON, Ramsey County, DOWID: 62004900

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

LATIMER, Todd County, DOWID: 77010500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	-
White Sucker	-	All sizes	-	-	Mercury

LATOKA, Douglas County, DOWID: 21010600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LAWRENCE, Cass County, DOWID: 11005300

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
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LAWRENCE, Itasca County, DOWID: 31023100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Redhorse Sucker	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LAX, Lake County, DOWID: 38040600

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

LE HOMME DIEU, Douglas County, DOWID: 21005600

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

LEANDER, St. Louis County, DOWID: 69079600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	All sizes	-	-	-	-
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LEECH, Cass County, DOWID: 11020300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LEEK (TROWBRIDGE), Otter Tail County, DOWID: 56053200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LEIF, Becker County, DOWID: 03057500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LEMAY, Dakota County, DOWID: 19005500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	PFOS

LEO, Cook County, DOWID: 16019800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LEORA, St. Louis County, DOWID: 69052100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

LEWIS, Kanabec County, DOWID: 33003200

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

LICHEN, Cook County, DOWID: 16038200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

LIGHTNING, Grant County, DOWID: 26028200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

LILY, Washington County, DOWID: 82002300

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

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

Lake Name, County, DOWID*

Meal Advice

LINKA, Pope County, DOWID: 61003700

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
White Sucker	All sizes	-	-	-	-

LINWOOD, Anoka County, DOWID: 02002600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

LINWOOD, St. Louis County, DOWID: 69024800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

LITTLE, Chisago County, DOWID: 13003300

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

LITTLE, St. Louis County, DOWID: 69005600

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

LITTLE ALDEN, St. Louis County, DOWID: 69013000

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

LITTLE BALL CLUB, Itasca County, DOWID: 31082200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

LITTLE BASS, Itasca County, DOWID: 31057500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LITTLE BASS, Pine County, DOWID: 58012700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

LITTLE BEAR, Itasca County, DOWID: 31015600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LITTLE BIRCH, Todd County, DOWID: 77008900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LITTLE BOY, Cass County, DOWID: 11016700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 22"	22" or longer	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

LITTLE CARNELIAN, Washington County, DOWID: 82001400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

LITTLE CASCADE, Cook County, DOWID: 16034700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 27"	27" or longer	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

LITTLE CUT FOOT SIOUX, Itasca County, DOWID: 31085200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

LITTLE EMILY, Crow Wing County, DOWID: 18020700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LITTLE FLOYD, Becker County, DOWID: 03038600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LITTLE HANGING HORN, Carlton County, DOWID: 09003500

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

LITTLE IRON, Cook County, DOWID: 16035500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 18"	18" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

LITTLE JAY GOULD, Itasca County, DOWID: 31056600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

LITTLE JOHN, Cook County, DOWID: 16002600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

LITTLE JOHNSON, St. Louis County, DOWID: 69076000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LITTLE KNIFE, Lake County, DOWID: 38022900

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

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

Lake Name, County, DOWID*

Meal Advice

LITTLE LONG, Hennepin County, DOWID: 27017900

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

LITTLE LONG, St. Louis County, DOWID: 69006600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

LITTLE LOON, St. Louis County, DOWID: 69048400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

LITTLE MANTRAP, Hubbard County, DOWID: 29031300

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
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury

LITTLE MCDONALD, Otter Tail County, DOWID: 56032800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	shorter than 20"	20" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

LITTLE PELICAN, Crow Wing County, DOWID: 18035100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LITTLE PINE, Otter Tail County, DOWID: 56014200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LITTLE ROCK, Benton County, DOWID: 05001300

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	-	-	-	-

LITTLE SAGANAGA, Cook County, DOWID: 16080900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

LITTLE SAND, Hubbard County, DOWID: 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	-	-	-	-

LITTLE SAND, St. Louis County, DOWID: 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

LITTLE SANDY, St. Louis County, DOWID: 69072900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

LITTLE SPIRIT, Jackson County, DOWID: 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	-	-	-	-

LITTLE SWAN, Meeker County, DOWID: 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

LITTLE TROUT, Cook County, DOWID: 16017000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LITTLE TROUT, St. Louis County, DOWID: 69045500

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

LITTLE TROUT, St. Louis County, DOWID: 69068200

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
White Sucker	-	All sizes	-	-	Mercury

LITTLE VERMILION, St. Louis County, DOWID: 69060800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LITTLE WAVERLY, Wright County, DOWID: 86010600

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
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LITTLE WILSON, Lake County, DOWID: 38005100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

LITTLE WINNIBIGOSHISH, Itasca County, DOWID: 31085000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

LITTLE WOLF, Cass County, DOWID: 11050500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

LIZZ, Cook County, DOWID: 16019900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

LIZZIE, Otter Tail County, DOWID: 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

LOBSTER, Douglas County, DOWID: 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	-	-	-	-

LOCATOR, St. Louis County, DOWID: 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

LOCH NESS, Anoka County, DOWID: 02058500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Sunfish	-	All sizes	-	-	Mercury

LOEB, Ramsey County, DOWID: 62023100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-

LOFT, Cook County, DOWID: 16003100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

LOITEN, St. Louis County, DOWID: 69087200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LOMOND, Clearwater County, DOWID: 15008100

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
White Sucker	-	All sizes	-	-	Mercury

LONE, Aitkin County, DOWID: 01012500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

LONG, Aitkin County, DOWID: 01008900

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
Northern Pike	-	-	shorter than 24"	24" or longer	Mercury
Walleye	-	-	shorter than 17"	17" or longer	Mercury

LONG, Becker County, DOWID: 03038300

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

LONG, Big Stone County, DOWID: 06002000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

LONG, Cass County, DOWID: 11014200

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	-	shorter than 21"	21" or longer	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

LONG, Clearwater County, DOWID: 15005700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Rainbow Trout	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LONG, Hennepin County, DOWID: 27016000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury

LONG, Hubbard County, DOWID: 29016100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

LONG, Itasca County, DOWID: 31057000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

LONG, Kandiyohi County, DOWID: 34006600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

LONG, Kandiyohi County, DOWID: 34019200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	-	All sizes	-	Mercury
Carp	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

LONG, Meeker County, DOWID: 47002600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Walleye	-	-	All sizes	-	Mercury

LONG, Meeker County, DOWID: 47017700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-

LONG, Otter Tail County, DOWID: 56038800

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

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

Lake Name, County, DOWID*

Meal Advice

LONG, Otter Tail County, DOWID: 56078400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LONG, Pine County, DOWID: 58010700

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	-	shorter than 23"	23" or longer	-	Mercury

LONG, Ramsey County, DOWID: 62006700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

LONG, St. Louis County, DOWID: 69076500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

LONG, St. Louis County, DOWID: 69085900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	-	All sizes	Mercury

LONG, Stearns County, DOWID: 73013900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Channel Catfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LONG, Stevens County, DOWID: 75002400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LONG, Todd County, DOWID: 77002700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

LONG LOST, Clearwater County, DOWID: 15006800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LONG TOM, Big Stone County, DOWID: 06002900

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
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

LONGYEAR, St. Louis County, DOWID: 69085700

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	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

LOON, Becker County, DOWID: 03048900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury

LOON, Blue Earth County, DOWID: 07009600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

LOON, Cook County, DOWID: 16044800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LOON, Itasca County, DOWID: 31057100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LOON, Jackson County, DOWID: 32002000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

LOON, St. Louis County, DOWID: 69042600

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	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

LOON, St. Louis County, DOWID: 69047000

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

LOON, Waseca County, DOWID: 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

LOST, Lake County, DOWID: 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

LOST, St. Louis County, DOWID: 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

LOST, St. Louis County, DOWID: 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	-	-	-	-

LOST, Washington County, DOWID: 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

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

Lake Name, County, DOWID*

Meal Advice

LOTUS, Carver County, DOWID: 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

LOUISE, Washington County, DOWID: 82002500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury

LOUISE MILL POND, Mower County, DOWID: 50000100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	-	All sizes	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury

LOW, St. Louis County, DOWID: 69007000

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

LOWER BOTTLE, Hubbard County, DOWID: 29018000

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

LOWER COMSTOCK, St. Louis County, DOWID: 69041202

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Walleye	-	-	-	All sizes	Mercury
White Sucker	-	-	All sizes	-	Mercury

LOWER CULLEN, Crow Wing County, DOWID: 18040300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
Walleye	-	shorter than 20"	20" or longer	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

LOWER HAY, Crow Wing County, DOWID: 18037800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LOWER PANASA, Itasca County, DOWID: 31011200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LOWER PAUNESS, St. Louis County, DOWID: 69046400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

LOWER PRIOR, Scott County, DOWID: 70002600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury

LOWER SAKATAH, Rice County, DOWID: 66004400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

LOWER SUCKER, Cass County, DOWID: 11031300

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	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

LOWER TRELIPE, Cass County, DOWID: 11012900

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

LOWER TWIN, Wadena County, DOWID: 80003000

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
Redhorse Sucker	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

LUCKY, Itasca County, DOWID: 31060300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brown Trout	-	All sizes	-	-	Mercury

LUCY, Carver County, DOWID: 10000700

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

LUPUS, Lake County, DOWID: 38003800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

LURA, Blue Earth County, DOWID: 07007900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
	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

LYNX, St. Louis County, DOWID: 69038300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	-	All sizes	Mercury

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

Lake Name, County, DOWID*

Meal Advice

MADISON, Blue Earth County, DOWID: 07004400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

MAHNOMEN, ALSTEAD & ARCO, Crow Wing County, DOWID: 18044000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 31"	31" or longer	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury

MANTRAP, Hubbard County, DOWID: 29015100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

MANUELLA, Meeker County, DOWID: 47005000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury

MANY POINT, Becker County, DOWID: 03015800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

MAPLE, Douglas County, DOWID: 21007900

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	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

MAPLE, Meeker County, DOWID: 47000100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

MAPLE, Polk County, DOWID: 60030500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 21"	21" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

MAPLE, Todd County, DOWID: 77018100

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

MAPLE, Wright County, DOWID: 86013400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	All sizes	-	-	-	-
Walleye	-	-	All sizes	-	Mercury

MARIETTA KIDS FISHING POND, Lac Qui Parle County, DOWID: 37035500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury

MARION, Dakota County, DOWID: 19002600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

MARION, McLeod County, DOWID: 43008400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	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

MARION, Otter Tail County, DOWID: 56024300

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
Walleye	-	-	All sizes	-	Mercury

MARION, St. Louis County, DOWID: 69075500

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

MARK, Cook County, DOWID: 16025000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

MARQUETTE, Beltrami County, DOWID: 04014200

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

MARSH, Big Stone County, DOWID: 06000100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 22"	22" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

MARSH, Cook County, DOWID: 16048800

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

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

Lake Name, County, DOWID*

Meal Advice

MARTIN, Anoka County, DOWID: 02003400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

MARY, Douglas County, DOWID: 21009200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

MARY, Todd County, DOWID: 77001900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

MARY, Wright County, DOWID: 86019300

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	-	-	-	-
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

MASHKENODE, St. Louis County, DOWID: 69072500

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
White Sucker	-	All sizes	-	-	Mercury

MAUD, Becker County, DOWID: 03050000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

MAUDE, St. Louis County, DOWID: 69059000

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
Yellow Perch	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

MAYHEW, Benton County, DOWID: 05000700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

MAYHEW, Cook County, DOWID: 16033700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

MAYO, Crow Wing County, DOWID: 18040800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

MAZASKA, Rice County, DOWID: 66003900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MCCARRON, Ramsey County, DOWID: 62005400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury PFOS
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 20"	20" or longer	-	Mercury

MCDONALD, Cook County, DOWID: 16023500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 20"	20" or longer	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

MCDONOUGH, Dakota County, DOWID: 19007600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury

MCFARLAND, Cook County, DOWID: 16002700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

MICMAHON, Scott County, DOWID: 70005000

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

MEANDER, St. Louis County, DOWID: 69032900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	-	All sizes	-	Mercury

MEDICINE, Beltrami County, DOWID: 04012200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MEDICINE, Hennepin County, DOWID: 27010400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

MEDITATION, Cook County, DOWID: 16058300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	-	All sizes	-	Mercury

MELISSA, Becker County, DOWID: 03047500

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
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

MESABA, Cook County, DOWID: 16067300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

MIDDLE JEFFERSON, Le Sueur County, DOWID: 40009204

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

MIDDLE MCDOUGAL, Lake County, DOWID: 38065800

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
Yellow Perch	-	All sizes	-	-	Mercury

MIDGE, Hubbard County, DOWID: 29006600

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	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

MILL, Douglas County, DOWID: 21018000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MILLE LACS, Mille Lacs County, DOWID: 48000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

MILLER, Carver County, DOWID: 10002900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

MILLS, Blue Earth County, DOWID: 07009700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

MILTONA, Douglas County, DOWID: 21008300

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

MINA, Douglas County, DOWID: 21010800

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	-	-	shorter than 20"	20" or longer	Mercury

MINERVA, Clearwater County, DOWID: 15007900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Sunfish	All sizes	-	-	-	-
Walleye	-	shorter than 19"	19" or longer	-	Mercury

MINISTER, St. Louis County, DOWID: 69006500

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
White Sucker	-	All sizes	-	-	Mercury

MINK, Cook County, DOWID: 16004600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	-	All sizes	-	-	Mercury
Splake	-	All sizes	-	-	Mercury

MINNETONKA, Hennepin County, DOWID: 27013300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

MINNEWASHTA, Carver County, DOWID: 10000900

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

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

Lake Name, County, DOWID*

Meal Advice

MINNEWASKA, Pope County, DOWID: 61013000

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

MINNEWAWA, Aitkin County, DOWID: 01003300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MINNIE-BELLE, Meeker County, DOWID: 47011900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	-	All sizes	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MINNTAC TAILINGS BASIN, St. Louis County, DOWID: 69000000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

MIT, Cook County, DOWID: 16019300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MITAWAN, Lake County, DOWID: 38056100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MITCHELL, Hennepin County, DOWID: 27007000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

MITCHELL, Sherburne County, DOWID: 71008100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

MOBERG, St. Louis County, DOWID: 69084700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

MONONGALIA, Kandiyohi County, DOWID: 34015800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Sunfish	-	All sizes	-	-	Mercury

MOON, Douglas County, DOWID: 21022600

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

MOORE, Cook County, DOWID: 16048900

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

MOOSE, Beltrami County, DOWID: 04001100

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

MOOSE, Cook County, DOWID: 16004300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
Lake Whitefish	-	All sizes	-	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury

MOOSE, Itasca County, DOWID: 31072200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

MOOSE, Koochiching County, DOWID: 36000800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

MOOSE, Lake County, DOWID: 38064400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

MOOSE, St. Louis County, DOWID: 69075000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

MOOSE, St. Louis County, DOWID: 69080600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MOOSEHEAD, Carlton County, DOWID: 09004100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	shorter than 19"	19" or longer	Mercury
White Sucker	-	-	All sizes	-	Mercury

MOOSEHORN, Cook County, DOWID: 16001500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Splake	-	-	All sizes	-	Mercury

MORGAN, Cook County, DOWID: 16022000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

MOSES, Douglas County, DOWID: 21024500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

MOSS, Cook County, DOWID: 16023400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
White Sucker	-	All sizes	-	-	Mercury

MOULTON, Aitkin County, DOWID: 01021200

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
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MOUNTAIN, Cook County, DOWID: 16009300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

MOUNTAIN, Cottonwood County, DOWID: 17000300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

MOVIL, Beltrami County, DOWID: 04015200

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
White Sucker	-	All sizes	-	-	Mercury

MUCKWA, St. Louis County, DOWID: 69015900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

MUD, Traverse County, DOWID: 78002400

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
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

MUDRO, St. Louis County, DOWID: 69007800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Burbot	-	-	-	All sizes	Mercury
Cisco	-	-	All sizes	-	Mercury
Northern Pike	-	-	shorter than 17"	17" or longer	Mercury

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

Lake Name, County, DOWID*

Meal Advice

MUKOODA, St. Louis County, DOWID: 69068400

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

MULE, Cass County, DOWID: 11020000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

MURPHY, Otter Tail County, DOWID: 56022900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury

MURPHY, St. Louis County, DOWID: 69064600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

MURPHY, Scott County, DOWID: 70001000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Sauger	-	-	All sizes	-	Mercury

MUSKRAT, Becker County, DOWID: 03036000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

MUSQUASH, Cook County, DOWID: 16010400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Splake	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

MYRTLE, St. Louis County, DOWID: 69074900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

NAMAKAN, St. Louis County, DOWID: 69069300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Rock Bass	-	-	All sizes	-	Mercury
Sauger	-	-	All sizes	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

NELS, St. Louis County, DOWID: 69008000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	shorter than 24"	24" or longer	Mercury
Walleye	-	-	shorter than 19"	19" or longer	Mercury

NEST, Kandiyohi County, DOWID: 34015400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Channel Catfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

NET, St. Louis County, DOWID: 69075700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

NEWFOUND, Lake County, DOWID: 38061900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury

NEWMAN, Hubbard County, DOWID: 29023700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	-	All sizes	-	-	Mercury

NEWTON, Lake County, DOWID: 38078400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

NICADO, Lake County, DOWID: 38023000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

NICKEL, Lake County, DOWID: 38070500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

NIGH, St. Louis County, DOWID: 69045700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	shorter than 17"	17" or longer	Mercury
White Sucker	-	-	All sizes	-	Mercury

NINEMILE, Lake County, DOWID: 38003300

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
Yellow Perch	-	All sizes	-	-	Mercury

NIPISQUIT, Lake County, DOWID: 38023200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

NOKAY, Crow Wing County, DOWID: 18010400

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

NOKOMIS, Hennepin County, DOWID: 27001900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

NORTH, Cook County, DOWID: 16033100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

NORTH BROWN'S, Stearns County, DOWID: 73014700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Channel Catfish	-	All sizes	-	-	Mercury
Crappie	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

NORTH CENTER, Chisago County, DOWID: 13003200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

NORTH FOWL, Cook County, DOWID: 16003600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 18"	18" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

NORTH LIDA, Otter Tail County, DOWID: 56074701

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

NORTH LONG, Crow Wing County, DOWID: 18037200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

NORTH MCDOUGAL, Lake County, DOWID: 38068600

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
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

NORTH STAR, Itasca County, DOWID: 31065300

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	-	-	All sizes	-	Mercury

NORTH STAR STEEL, Ramsey County, DOWID: 62023700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

NORTH TAMARACK, Becker County, DOWID: 03024102

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	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

NORTH TURTLE, Otter Tail County, DOWID: 56037900

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

NORTH TWIN, Mahnomen County, DOWID: 44002300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
Walleye	-	All sizes	-	-	Mercury

NORTH TWIN, St. Louis County, DOWID: 69041900

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

NORTHERN LIGHT, Cook County, DOWID: 16008900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

NORWAY, Kandiyohi County, DOWID: 34025100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Freshwater Drum	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

NORWAY, Lake County, DOWID: 38068800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Splake	-	All sizes	-	-	Mercury

NOSE, Itasca County, DOWID: 31041700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

OAK, Carver County, DOWID: 10009300

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
Walleye	-	-	All sizes	-	Mercury

OAK, Pine County, DOWID: 58004800

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

O'BRIEN, Itasca County, DOWID: 31003200

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

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

Lake Name, County, DOWID*

Meal Advice

O'BRIEN RES. #4, Itasca County, DOWID: 31122500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

OCHEDA, Nobles County, DOWID: 53002400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-

O'DOWD, Scott County, DOWID: 70009500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

OGISHKEMUNCIE, Lake County, DOWID: 38018000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

OJIBWAY, Lake County, DOWID: 38064000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Lake Trout	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury

OKABENA, Nobles County, DOWID: 53002800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Channel Catfish	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Sunfish	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

OLAF, Otter Tail County, DOWID: 56095000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

OLE, St. Louis County, DOWID: 69017500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	-	All sizes	-	Mercury
Walleye	-	-	-	All sizes	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

O'LEARY, St. Louis County, DOWID: 69068500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

OLIVER, Swift County, DOWID: 76014600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

OLSON, Washington County, DOWID: 82010300

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
Walleye	-	All sizes	-	-	Mercury

ONE, Lake County, DOWID: 38060500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ONE PINE, St. Louis County, DOWID: 69006100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 19"	19" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ORCHARD, Dakota County, DOWID: 19003100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

ORGAN, Lake County, DOWID: 38006700

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

ORINIACK, St. Louis County, DOWID: 69058700

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
Yellow Perch	-	All sizes	-	-	Mercury

ORONO, Sherburne County, DOWID: 71001300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	-	All sizes	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Smallmouth Bass	-	All sizes	-	-	Mercury

ORWELL, Otter Tail County, DOWID: 56094500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

OSAKIS, Todd County, DOWID: 77021500

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

OSCAR, Douglas County, DOWID: 21025700

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

OSIER, Lake County, DOWID: 38042000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury

OSLO, St. Louis County, DOWID: 69083800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 19"	19" or longer	Mercury

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

Lake Name, County, DOWID*

Meal Advice

OSSAWINNAMAKEE, Crow Wing County, DOWID: 18035200

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
Walleye	-	-	All sizes	-	Mercury

OTTER, Anoka County, DOWID: 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

OTTER, Cook County, DOWID: 16003200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

OTTER, McLeod County, DOWID: 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

OTTER TAIL, Otter Tail County, DOWID: 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

OTTERTRACK, Lake County, DOWID: 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

OTTO, St. Louis County, DOWID: 69014400

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

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

Lake Name, County, DOWID*

Meal Advice

OWASSO, Ramsey County, DOWID: 62005600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

OX HIDE, Itasca County, DOWID: 31010600

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
White Sucker	All sizes	-	-	-	-

OYSTER, St. Louis County, DOWID: 69033000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 25"	25" or longer	Mercury

PAGE, Stevens County, DOWID: 75001900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

PALMER, Hubbard County, DOWID: 29008700

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	-	-	-	-

PAPOOSE, Crow Wing County, DOWID: 18020600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

PARENT, Lake County, DOWID: 38052600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

PARK, Carlton County, DOWID: 09002900

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
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

PARKERS, Hennepin County, DOWID: 27010700

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
White Sucker	All sizes	-	-	-	-

PARLEY, Carver County, DOWID: 10004200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

PAULINE, St. Louis County, DOWID: 69058800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

PEARL, Stearns County, DOWID: 73003700

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

PEARY, St. Louis County, DOWID: 69083300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

PEBBLE, Otter Tail County, DOWID: 56082900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

PELICAN, Crow Wing County, DOWID: 18030800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Sunfish	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

PELICAN, Grant County, DOWID: 26000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

PELICAN, Otter Tail County, DOWID: 56078600

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
Walleye	-	-	All sizes	-	Mercury

PELICAN, Pope County, DOWID: 61011100

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

PELICAN, St. Louis County, DOWID: 69084100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

PELICAN, Stearns County, DOWID: 73011800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

PELTIER, Anoka County, DOWID: 02000400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

PENN, Hennepin County, DOWID: 27000400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury

PENNINGTON MINE, Crow Wing County, DOWID: 18043900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	-	All sizes	-	-	Mercury

PEQUAYWAN, St. Louis County, DOWID: 69001100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

PERCH, Carlton County, DOWID: 09003600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury

PERCH, Crow Wing County, DOWID: 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
Walleye	-	-	All sizes	-	Mercury

PERCH, Lincoln County, DOWID: 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	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

PERCH, St. Louis County, DOWID: 69005800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

PERCH, St. Louis County, DOWID: 69093200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

PERENT, Lake County, DOWID: 38022000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

PERKINS, Stevens County, DOWID: 75007500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

PERRY, Crow Wing County, DOWID: 18018600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

PFEIFFER, St. Louis County, DOWID: 69067100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

PHALEN, Ramsey County, DOWID: 62001300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

PHOEBE, Cook County, DOWID: 16080800

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

PICKERAL, Freeborn County, DOWID: 24002500

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
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

PICKEREL, Aitkin County, DOWID: 01018200

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

PICKEREL, Cook County, DOWID: 16009700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

PICKEREL, Hubbard County, DOWID: 29017800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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, Lake County, DOWID: 38074100

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

PICKEREL, Otter Tail County, DOWID: 56047500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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, St. Louis County, DOWID: 69007900

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
White Sucker	-	-	All sizes	-	Mercury

PICKET, St. Louis County, DOWID: 69059100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

PIERSONS, Carver County, DOWID: 10005300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

PIERZ, Morrison County, DOWID: 49002400

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

PIKE, Cook County, DOWID: 16025200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

PIKE, Lake County, DOWID: 38067000

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

PIKE, St. Louis County, DOWID: 69049000

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

PIKE BAY, Cass County, DOWID: 11041500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	-	-	-
Lake Whitefish	All sizes	-	-	-	-
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	shorter than 20"	20" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

PIKE RIVER FLOWAGE, St. Louis County, DOWID: 69058000

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

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

Lake Name, County, DOWID*

Meal Advice

PIMUSHE, Beltrami County, DOWID: 04003200

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

PINE, Clearwater County, DOWID: 15014900

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
White Sucker	-	All sizes	-	-	Mercury

PINE, Cook County, DOWID: 16004100

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

PINE, Cook County, DOWID: 16019400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	-	All sizes	-	Mercury
Splake	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

PINE, St. Louis County, DOWID: 69000100

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
White Sucker	-	All sizes	-	-	Mercury

PINE MOUNTAIN, Cass County, DOWID: 11041100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Cisco	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 24"	24" or longer	-	Mercury
Sunfish	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

PINE MOUNTAIN, Cook County, DOWID: 16010800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

PIT, Cook County, DOWID: 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

PLANTAGENET, Hubbard County, DOWID: 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	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

PLANTATION, Itasca County, DOWID: 31043900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury

PLATTE, Crow Wing County, DOWID: 18008800

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

PLEASANT, Cass County, DOWID: 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	-	-	-	-

PLEASANT, St. Louis County, DOWID: 69065500

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
Walleye	-	-	All sizes	-	Mercury

PLEASANT, Wright County, DOWID: 86025100

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	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

POKEGAMA, Itasca County, DOWID: 31053200

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

POKEGAMA, Pine County, DOWID: 58014200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Freshwater Drum	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

POLLY, Lake County, DOWID: 38010400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

POMME DE TERRE, Grant County, DOWID: 26009700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

POPLAR, Cook County, DOWID: 16023900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

PORTAGE, Cass County, DOWID: 11020400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

PORTAGE, Cass County, DOWID: 11047600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

PORTAGE, Cook County, DOWID: 16032700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Splake	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

PORTAGE, Crow Wing County, DOWID: 18005000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

PORTAGE, Hubbard County, DOWID: 29025000

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	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

PORTSMOUTH MINE, Crow Wing County, DOWID: 18043700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Rainbow Trout	All sizes	-	-	-	-

POTATO, Hubbard County, DOWID: 29024300

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
Rock Bass	-	All sizes	-	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

POWDERHORN, Hennepin County, DOWID: 27001400

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

POWERS, Washington County, DOWID: 82009200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury PFOS
Crappie	-	All sizes	-	-	Mercury PFOS
Northern Pike	-	-	All sizes	-	Mercury PFOS
Yellow Perch	-	All sizes	-	-	PFOS

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

Lake Name, County, DOWID*

Meal Advice

PRAIRIE, Itasca County, DOWID: 31038400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	Mercury

PRAIRIE, Otter Tail County, DOWID: 56091500

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

PRAIRIE, St. Louis County, DOWID: 69084800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

PRESTON, Renville County, DOWID: 65000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

PULASKI, Wright County, DOWID: 86005300

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	-	shorter than 21"	21" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

QUADGA, Lake County, DOWID: 38059600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

QUARTERLINE, St. Louis County, DOWID: 69086900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 12"	12" or longer	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

QUIGLEY, Dakota County, DOWID: 19006600

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
Largemouth Bass	-	All sizes	-	-	Mercury

QUILL, St. Louis County, DOWID: 69087100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury

RABBIT, Aitkin County, DOWID: 01009100

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
Walleye	-	-	All sizes	-	Mercury

RABBIT, Crow Wing County, DOWID: 18009300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 19"	19" or longer	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury

RABBIT (EAST PORTION), Crow Wing County, DOWID: 18009301

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	shorter than 30"	30" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury

RABBIT (WEST PORTION), Crow Wing County, DOWID: 18009302

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

RABIDEAU, Beltrami County, DOWID: 04003400

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

RAINY, St. Louis County, DOWID: 69069400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

RAM, Cook County, DOWID: 16017400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury
Rainbow Trout	All sizes	-	-	-	-
White Sucker	-	All sizes	-	-	Mercury

RAMSEY MILL POND, Mower County, DOWID: 50000400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Redhorse Sucker	-	All sizes	-	-	Mercury

RAMSHEAD, St. Louis County, DOWID: 69033900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

RANIER, Itasca County, DOWID: 31066400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

RAT, Aitkin County, DOWID: 01007700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	-	All sizes	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

RAVINE, Washington County, DOWID: 82008700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS
Largemouth Bass	-	All sizes	-	-	PFOS

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

Lake Name, County, DOWID*

Meal Advice

REBECCA, Dakota County, DOWID: 19000300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

REBECCA, Hennepin County, DOWID: 27019200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

RED (UPPER RED), Beltrami County, DOWID: 04003501

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

RED LAKE RIVER RES., Pennington County, DOWID: 57005100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Rock Bass	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

RED ROCK, Cook County, DOWID: 16079300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

RED ROCK, Douglas County, DOWID: 21029100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

RED ROCK, Hennepin County, DOWID: 27007600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

RED SAND, Crow Wing County, DOWID: 18038600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Sunfish	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

REDSKIN, Lake County, DOWID: 38044000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

REDWOOD, Redwood County, DOWID: 64005800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

REEDS, Waseca County, DOWID: 81005500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

REITZ, Carver County, DOWID: 10005200

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	-	shorter than 22"	22" or longer	-	Mercury

REMOTE, Aitkin County, DOWID: 01003800

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

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

Lake Name, County, DOWID*

Meal Advice

RENO, Pope County, DOWID: 61007800

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

RICE, Cook County, DOWID: 16045300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

RICE, Faribault County, DOWID: 22000700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

RICE, Itasca County, DOWID: 31071700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

RICE, Stearns County, DOWID: 73019600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

RICHARDSON, Meeker County, DOWID: 47008800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

RILEY, Carver County, DOWID: 10000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

RINGO, Kandiyohi County, DOWID: 34017200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

RIPLEY, Meeker County, DOWID: 47013400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	All sizes	-	-	-	-

RIPLEY (WEST PORTION), Meeker County, DOWID: 47013402

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
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury

RIPPLE, Aitkin County, DOWID: 01014600

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

ROBERDS, Rice County, DOWID: 66001800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

ROCK, Lyon County, DOWID: 42005200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

ROCK, Pine County, DOWID: 58000700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury

ROD SMITH POND, Koochiching County, DOWID: 36007800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Rainbow Trout	All sizes	-	-	-	-

ROGERS, Dakota County, DOWID: 19008000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

ROOSEVELT, Cass County, DOWID: 11004300

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

ROSE, Cook County, DOWID: 16023000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury

ROSE, Otter Tail County, DOWID: 56036000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ROUND, Aitkin County, DOWID: 01002300

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
Walleye	-	-	All sizes	-	Mercury

ROUND, Aitkin County, DOWID: 01007000

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
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

ROUND, Aitkin County, DOWID: 01013700

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
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

ROUND, Aitkin County, DOWID: 01020400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

ROUND, Becker County, DOWID: 03015500

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

ROUND, Cook County, DOWID: 16060600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

ROUND, Crow Wing County, DOWID: 18037300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

ROUND, Hennepin County, DOWID: 27007100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury PFOS
Bullhead	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	PFOS
Walleye	-	-	-	All sizes	Mercury

ROUND, Itasca County, DOWID: 31089600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

ROUND, Jackson County, DOWID: 32006900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

ROUND, Ramsey County, DOWID: 62007000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Sunfish	All sizes	-	-	-	-

ROY, Mahnomen County, DOWID: 44000100

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
White Sucker	All sizes	-	-	-	-

RUBY, Itasca County, DOWID: 31042200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 20"	20" or longer	-	Mercury

RUSH, Chisago County, DOWID: 13006900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

RUSH, Cook County, DOWID: 16029900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

RUSH, Crow Wing County, DOWID: 18031100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Lake Whitefish	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

RUSH, Otter Tail County, DOWID: 56014100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

RUSH, Sherburne County, DOWID: 71014700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

RUTH, Crow Wing County, DOWID: 18021200

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	-	shorter than 18"	18" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury

RYAN, St. Louis County, DOWID: 69083500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	-	All sizes	Mercury

SABIN, St. Louis County, DOWID: 69043401

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

SABIN (EMBARRASS PIT), St. Louis County, DOWID: 69042900

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

SABRE, Le Sueur County, DOWID: 40001400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
White Bass	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SAGANAGA, Cook County, DOWID: 16063300

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
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	shorter than 14"	14" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

SAGATAGAN, Stearns County, DOWID: 73009200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 19"	19" or longer	-	Mercury

SALLIE, Becker County, DOWID: 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

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

Lake Name, County, DOWID*

Meal Advice

SALO, St. Louis County, DOWID: 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

SAND, Carlton County, DOWID: 09001600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

SAND, Itasca County, DOWID: 31082600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury
Redhorse Sucker	-	All sizes	-	-	Mercury
Rock Bass	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SAND, Lake County, DOWID: 38073500

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
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SAND, Pine County, DOWID: 58008100

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

SAND, St. Louis County, DOWID: 69073600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 19"	19" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SAND POINT, St. Louis County, DOWID: 69061700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

SANDPIT, Lake County, DOWID: 38078600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 29"	29" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury

SANDY, Beltrami County, DOWID: 04012400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

SARAH, Hennepin County, DOWID: 27019100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

SARAH, Murray County, DOWID: 51006300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Walleye	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

SAUK, Todd County, DOWID: 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
White Sucker	-	All sizes	-	-	Mercury

SAWBILL, Cook County, DOWID: 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
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SCANDINAVIAN, Pope County, DOWID: 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
White Sucker	All sizes	-	-	-	-

SCHOOLCRAFT, Hubbard County, DOWID: 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

SEA GULL, Cook County, DOWID: 16062900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

SEBIE, Crow Wing County, DOWID: 18016100

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
White Sucker	-	All sizes	-	-	Mercury

SECOND FULDA, Murray County, DOWID: 51002000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

SECTION 29, Lake County, DOWID: 38029200

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
Yellow Perch	-	All sizes	-	-	Mercury

SECTION TWELVE, Lake County, DOWID: 38071400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SERPENT, Crow Wing County, DOWID: 18009000

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
White Sucker	All sizes	-	-	-	-

SEVEN BEAVER, St. Louis County, DOWID: 69000200

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
Yellow Perch	-	-	All sizes	-	Mercury

SEVENTH CROW WING, Hubbard County, DOWID: 29009100

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
Walleye	-	shorter than 18"	18" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-

SEWELL, Otter Tail County, DOWID: 56040800

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

SHAGAWA, St. Louis County, DOWID: 69006900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SHAKOPEE, Mille Lacs County, DOWID: 48001200

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

SHALLOW, Itasca County, DOWID: 31008400

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

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

Lake Name, County, DOWID*

Meal Advice

SHAMINEAU, Morrison County, DOWID: 49012700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Walleye	-	shorter than 20"	20" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-

SHANNON, St. Louis County, DOWID: 69092500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	-	All sizes	Mercury

SHAKOTAN, Lincoln County, DOWID: 41008900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 17"	17" or longer	-	Mercury
Yellow Perch	All sizes	-	-	-	-

SHELL, Becker County, DOWID: 03010200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

SHELL, St. Louis County, DOWID: 69046100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	shorter than 11"	11" or longer	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SHETEK, Murray County, DOWID: 51004600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Buffalo	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Channel Catfish	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
White Sucker	All sizes	-	-	-	-

SHIELDS, Rice County, DOWID: 66005500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

SHINGOBEE, Hubbard County, DOWID: 29004300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 16"	16" or longer	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SHIPMAN BASS, St. Louis County, DOWID: 69016800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

SHOE, Cook County, DOWID: 16008000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury
Splake	-	All sizes	-	-	Mercury

SIDE, St. Louis County, DOWID: 69093300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SIGNALNESS, Pope County, DOWID: 61014900

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

SILVER, Olmsted County, DOWID: 55000300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	Mercury

SILVER, Otter Tail County, DOWID: 56030200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rock Bass	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

SILVER, Ramsey County, DOWID: 62000100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

SILVER, Ramsey County, DOWID: 62008300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Channel Catfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SILVER, St. Louis County, DOWID: 69066200

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
Walleye	-	-	All sizes	-	Mercury

SILVER, Wright County, DOWID: 86014000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

SILVER ISLAND, Lake County, DOWID: 38021900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SIMLEY, Dakota County, DOWID: 19003700

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
Walleye	-	-	All sizes	-	Mercury

SINK, Lake County, DOWID: 38054000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

SISEEBAKWET, Itasca County, DOWID: 31055400

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	-	-	-	-

SIX MILE, Cass County, DOWID: 11014600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

SIX MILE, St. Louis County, DOWID: 69084000

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
White Sucker	All sizes	-	-	-	-

SIXTH CROW WING, Hubbard County, DOWID: 29009300

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
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

SLATE, Lake County, DOWID: 38066600

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
White Sucker	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SLEEPY EYE, Brown County, DOWID: 08004500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SLETTEN, St. Louis County, DOWID: 69008400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury

SLIM, St. Louis County, DOWID: 69018100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SMETANA, Hennepin County, DOWID: 27007300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

SMITH, Douglas County, DOWID: 21001600

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
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SNAIL, Ramsey County, DOWID: 62007300

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

SNELLING, Hennepin County, DOWID: 27000100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury PFOS
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury PFOS

SNIDER, Mahnomen County, DOWID: 44004500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SNOWBALL, Itasca County, DOWID: 31010800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

SNOWBANK, Lake County, DOWID: 38052900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

SOUTH, Cook County, DOWID: 16024400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury

SOUTH CENTER, Chisago County, DOWID: 13002700

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	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SOUTH FARM, Lake County, DOWID: 38077800

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
Northern Pike	-	shorter than 17"	17" - 37"	37" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury

SOUTH FOWL, Cook County, DOWID: 16003400

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
Yellow Perch	-	All sizes	-	-	Mercury

SOUTH LIDA, Otter Tail County, DOWID: 56074702

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SOUTH LINDSTROM, Chisago County, DOWID: 13002800

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

SOUTH LONG, Crow Wing County, DOWID: 18013600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

SOUTH MCDOUGAL, Lake County, DOWID: 38065900

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
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SOUTH TURTLE, Otter Tail County, DOWID: 56037700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SOUTH TWIN, Beltrami County, DOWID: 04005300

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

SOUTH TWIN, Mahnommen County, DOWID: 44001400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

SOUTH TWIN, St. Louis County, DOWID: 69042000

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

SPIDER, Hubbard County, DOWID: 29011700

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	-	-	Mercury

SPIRIT, Aitkin County, DOWID: 01017800

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	-	All sizes	-	-	Mercury

SPITZER, Otter Tail County, DOWID: 56016000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

SPLIT HAND, Itasca County, DOWID: 31035300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SPLIT ROCK RES., Pipestone County, DOWID: 59000100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

SPRING, Meeker County, DOWID: 47003200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 21"	21" or longer	-	Mercury

SPRING, St. Louis County, DOWID: 69076100

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
Smallmouth Bass	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SPRING, Scott County, DOWID: 70005400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

SPURZEM, Hennepin County, DOWID: 27014900

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

SQUARE, Lake County, DOWID: 38007400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SQUARE, Washington County, DOWID: 82004600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Yellow Perch	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

SQUINT, Cook County, DOWID: 16020200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

ST. JAMES, Watonwan County, DOWID: 83004300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

ST. MARY'S, St. Louis County, DOWID: 69065100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Walleye	-	-	All sizes	-	Mercury

STAHL'S, McLeod County, DOWID: 43010400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury

STALKER, Otter Tail County, DOWID: 56043700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

STAR, Cook County, DOWID: 16040500

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

STAR, Meeker County, DOWID: 47012900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Carp	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

STAR, Otter Tail County, DOWID: 56038500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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 15"	15" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

STARING, Hennepin County, DOWID: 27007800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

STEAMBOAT, Cass County, DOWID: 11050400

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
Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

STEIGER, Carver County, DOWID: 10004500

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

STELLA, Meeker County, DOWID: 47006800

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
Largemouth Bass	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

STEVENS, Cass County, DOWID: 11011600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	shorter than 31"	31" or longer	Mercury

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

Lake Name, County, DOWID*

Meal Advice

STOCKING, Wadena County, DOWID: 80003700

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	-	All sizes	-	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

STONY, Cass County, DOWID: 11037100

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
Smallmouth Bass	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

STRAIGHT, Becker County, DOWID: 03001000

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

STRAND, St. Louis County, DOWID: 69052900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	shorter than 23"	23" or longer	Mercury
White Sucker	-	All sizes	-	-	Mercury

STRAWBERRY, Becker County, DOWID: 03032300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	shorter than 12"	12" or longer	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

STUART, Otter Tail County, DOWID: 56019100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

STUART, St. Louis County, DOWID: 69020500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	shorter than 30"	30" or longer	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

STUMP, Beltrami County, DOWID: 04013001

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
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

STURGEON, Pine County, DOWID: 58006700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

STURGEON, St. Louis County, DOWID: 69093900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SUCKER, Lake County, DOWID: 38053000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

SUCKER, Ramsey County, DOWID: 62002800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	-	All sizes	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SUGAR, Aitkin County, DOWID: 01008700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

SUGAR, Cass County, DOWID: 11002600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SUGAR, Wright County, DOWID: 86023300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

SULLIVAN, Morrison County, DOWID: 49001600

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 16"	16" or longer	-	Mercury

SUNRISE, Chisago County, DOWID: 13003100

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

SUNSET, Aitkin County, DOWID: 01020800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury

SUNSET POND, Dakota County, DOWID: 19045100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

SURPRISE, Lake County, DOWID: 38055000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

SUSAN, Carver County, DOWID: 10001300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SUSAN, St. Louis County, DOWID: 69074100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

SWAMP, Cook County, DOWID: 16021500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 16"	16" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

SWAMPER, Cook County, DOWID: 16012800

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
Yellow Perch	-	-	All sizes	-	Mercury

SWAN, Cook County, DOWID: 16026800

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

SWAN, Itasca County, DOWID: 31006700

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
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

SWAN, McLeod County, DOWID: 43004000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	All sizes	-	-	-	-

SWAN, Otter Tail County, DOWID: 56078100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

SWEDE, Carver County, DOWID: 10009500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

SWEENEY, Hennepin County, DOWID: 27003501

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	All sizes	-	-	PFOS

SWENSON, Beltrami County, DOWID: 04008500

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
White Sucker	-	All sizes	-	-	Mercury

SYBIL, Otter Tail County, DOWID: 56038700

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

SYLVAN, Cass County, DOWID: 11030400

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	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

SYLVAN, Morrison County, DOWID: 49003600

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

SYLVANIA, Lake County, DOWID: 38039500

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

T, Lake County, DOWID: 38006600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

TAFT, Hennepin County, DOWID: 27068300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

TAIT, Cook County, DOWID: 16038400

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
Yellow Perch	-	All sizes	-	-	Mercury

TAKUCMICH, St. Louis County, DOWID: 69036900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	-	All sizes	-	Mercury
Lake Trout	-	-	-	All sizes	Mercury
Northern Pike	-	-	shorter than 26"	26" or longer	Mercury

TALCOT, Cottonwood County, DOWID: 17006000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	All sizes	-	-	-	-

TAMARACK, Carlton County, DOWID: 09006700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

TAMARACK, Pine County, DOWID: 58002400

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

TANNERS, Washington County, DOWID: 82011500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	PFOS
Channel Catfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	PFOS
Largemouth Bass	-	All sizes	-	-	PFOS
Northern Pike	-	-	All sizes	-	Mercury

TEE, St. Louis County, DOWID: 69008300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

TEN MILE, Cass County, DOWID: 11041300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

TEN MILE, Otter Tail County, DOWID: 56061300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury

TENTH CROW WING, Hubbard County, DOWID: 29004500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

TETAGOUCHE, Lake County, DOWID: 38023100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

TETONKA, Le Sueur County, DOWID: 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

TEUFER, Koochiching County, DOWID: 36001900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

THIRD CROW WING, Hubbard County, DOWID: 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

THIRTEEN, Cass County, DOWID: 11048800

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	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

THISTLEDEW, Itasca County, DOWID: 31015800

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

THOLE/SCHNEIDER, Scott County, DOWID: 70012000

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	-	shorter than 20"	20" or longer	-	Mercury

THOMAS, Lake County, DOWID: 38035100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Lake Trout	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

THOMPSON, Dakota County, DOWID: 19004800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Sunfish	-	All sizes	-	-	Mercury

THOMPSON, Meeker County, DOWID: 47015900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

THRASHER, Cook County, DOWID: 16019200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	-	All sizes	-	Mercury
Splake	-	-	All sizes	-	Mercury

THREE, Lake County, DOWID: 38060000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

THREE ISLAND, Beltrami County, DOWID: 04013400

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 22"	22" or longer	-	Mercury

THUNDER, Cass County, DOWID: 11006200

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

THUNDERBIRD, Lake County, DOWID: 38003100

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
Yellow Perch	-	All sizes	-	-	Mercury

TIMBER, Cook County, DOWID: 16065400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

TOAD, Becker County, DOWID: 03010700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

TOM, Cook County, DOWID: 16001900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Whitefish	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

TOOHEY, Cook County, DOWID: 16064500

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
Yellow Perch	-	All sizes	-	-	Mercury

TOOTH, St. Louis County, DOWID: 69075600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	-	All sizes	Mercury

TRAVERSE, Traverse County, DOWID: 78002500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

TRIANGLE, Lake County, DOWID: 38071500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 18"	18" or longer	-	Mercury
Walleye	-	shorter than 13"	13" or longer	-	Mercury

TRILLIUM, Cass County, DOWID: 11027000

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 18"	18" or longer	-	Mercury

TROUT, Cook County, DOWID: 16004900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	-	All sizes	-	Mercury
Lake Trout	-	-	All sizes	-	Mercury
Rainbow Trout	All sizes	-	-	-	-
Yellow Perch	-	-	All sizes	-	Mercury

TROUT, Itasca County, DOWID: 31021600

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
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

TROUT, Itasca County, DOWID: 31041000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Lake Trout	-	-	All sizes	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

TROUT, St. Louis County, DOWID: 69049800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

TULABY, Mahnomen County, DOWID: 44000300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

TURTLE, Beltrami County, DOWID: 04015900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

TURTLE, Itasca County, DOWID: 31072500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

TURTLE, Ramsey County, DOWID: 62006100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

TURTLE RIVER, Beltrami County, DOWID: 04011100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

TUSCARORA, Cook County, DOWID: 16062300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	All sizes	-	-	Mercury

TWIN, Hennepin County, DOWID: 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

TWIN, St. Louis County, DOWID: 69016300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

TWO, Lake County, DOWID: 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

TWO DEER, Lake County, DOWID: 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

TWO INLETS, Becker County, DOWID: 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	-	-	-	-

TWO ISLAND, Cook County, DOWID: 16015600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

TWO RIVERS, Stearns County, DOWID: 73013800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

UNION, Polk County, DOWID: 60021700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

UNION, Wright County, DOWID: 86029800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

UNNAMED(JACKSON), Washington County, DOWID: 82030500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	PFOS

UPPER BOTTLE, Hubbard County, DOWID: 29014800

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	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

UPPER COMSTOCK, St. Louis County, DOWID: 69041201

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
Walleye	-	-	shorter than 15"	15" or longer	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

UPPER CONE, Cook County, DOWID: 16041200

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

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

Lake Name, County, DOWID*

Meal Advice

UPPER CORMORANT, Becker County, DOWID: 03058800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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, Crow Wing County, DOWID: 18017000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 23"	23" or longer	-	Mercury

UPPER HAY, Crow Wing County, DOWID: 18041200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

UPPER MISSION, Crow Wing County, DOWID: 18024200

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
Walleye	-	shorter than 20"	20" or longer	-	Mercury

UPPER PANASA, Itasca County, DOWID: 31011100

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

UPPER PAUNESS, St. Louis County, DOWID: 69046500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

UPPER PINE, Pine County, DOWID: 58013000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

UPPER PRIOR, Scott County, DOWID: 70007200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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, Le Sueur County, DOWID: 40000200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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, Crow Wing County, DOWID: 18009600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

UPPER TWIN, Hubbard County, DOWID: 29015700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Redhorse Sucker	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

UPPER TWIN, St. Louis County, DOWID: 69096701

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Rainbow Trout	-	All sizes	-	-	Mercury

VALLEY (unnamed), Dakota County, DOWID: 19034800

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

VERA, Lake County, DOWID: 38049100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

VERMILION, St. Louis County, DOWID: 69037800

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
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 19"	19" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

VERMILLION, Cass County, DOWID: 11002900

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	-	shorter than 20"	20" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

VERNON, Cook County, DOWID: 16026700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Smallmouth Bass	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

VICTORIA, Douglas County, DOWID: 21005400

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
Walleye	-	-	All sizes	-	Mercury

VILLARD, Pope County, DOWID: 61006700

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
Walleye	-	-	All sizes	-	Mercury

VIRGINIA, Carver County, DOWID: 10001500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury

VIRGINIA, St. Louis County, DOWID: 69066300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	shorter than 37"	37" or longer	Mercury

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

Lake Name, County, DOWID*

Meal Advice

VISTA, Cook County, DOWID: 16022400

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
Yellow Perch	-	-	All sizes	-	Mercury

VOLNEY, Le Sueur County, DOWID: 40003300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Buffalo	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

WABANA, Itasca County, DOWID: 31039200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Cisco	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	All sizes	-	-	Mercury

WABEDO, Cass County, DOWID: 11017100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

WABOOSE, Hubbard County, DOWID: 29009800

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
Walleye	-	-	All sizes	-	Mercury

WACONIA, Carver County, DOWID: 10005900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

WAKEFIELD, Aitkin County, DOWID: 01003600

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
Walleye	-	-	All sizes	-	Mercury

WAKEFIELD, Ramsey County, DOWID: 62001100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury

WALKER, Otter Tail County, DOWID: 56031000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

WALL, Otter Tail County, DOWID: 56065800

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	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

WALNUT, Faribault County, DOWID: 22002300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

WAMPUS, Cook County, DOWID: 16019600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Yellow Perch	-	All sizes	-	-	Mercury

WANLESS, Lake County, DOWID: 38004900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

WAR CLUB, St. Louis County, DOWID: 69093700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

WARNER, Stearns County, DOWID: 73001100

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

WASHBURN, Cass County, DOWID: 11005900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

WASHINGTON, Le Sueur County, DOWID: 40011700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

WASHINGTON, Meeker County, DOWID: 47004600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

WASSERMANN, Carver County, DOWID: 10004800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

WATONWAN, Lake County, DOWID: 38007900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

WAUKENABO, Aitkin County, DOWID: 01013600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

WAVERLY, Wright County, DOWID: 86011400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

WEAVER, Hennepin County, DOWID: 27011700

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

WEBB, Cass County, DOWID: 11031100

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
Walleye	-	All sizes	-	-	Mercury

WELLS, Rice County, DOWID: 66001000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

WENCH, Cook County, DOWID: 16039800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Brook Trout	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

WEST BATTLE, Otter Tail County, DOWID: 56023900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

WEST CHUB, Lake County, DOWID: 38067500

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	-	-	-	-

WEST FOX, Crow Wing County, DOWID: 18029700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

WEST GRAHAM, Nobles County, DOWID: 53002100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Carp	All sizes	-	-	-	-
Walleye	All sizes	-	-	-	-
Yellow Perch	All sizes	-	-	-	-

WEST JEFFERSON, Le Sueur County, DOWID: 40009202

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Buffalo	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury

WEST LAKE SYLVIA, Wright County, DOWID: 86027900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

WEST LEAF, Otter Tail County, DOWID: 56011400

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

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

Lake Name, County, DOWID*

Meal Advice

WEST LOST, Otter Tail County, DOWID: 56048100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	-	All sizes	-	Mercury

WEST MCDONALD, Otter Tail County, DOWID: 56038602

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury

WEST PIKE, Cook County, DOWID: 16008600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	shorter than 20"	20" or longer	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury

WEST POPE, Cook County, DOWID: 16034100

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
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

WEST ROBINSON, St. Louis County, DOWID: 69021700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	shorter than 26"	26" or longer	-	Mercury

WEST RUSH, Chisago County, DOWID: 13006902

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Freshwater Drum	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury

WEST SILENT, Otter Tail County, DOWID: 56051900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

WEST TWIN, Cook County, DOWID: 16018600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Walleye	-	All sizes	-	-	Mercury

WEST TWO RIVERS RES., St. Louis County, DOWID: 69099400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

WHALETAIL, Hennepin County, DOWID: 27018400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Crappie	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

WHISKEY, Douglas County, DOWID: 21021600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

WHISPER, St. Louis County, DOWID: 69005900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Largemouth Bass	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

WHITE BEAR, Washington County, DOWID: 82016700

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	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

WHITE EARTH, Becker County, DOWID: 03032800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	All sizes	-	-	-	-

WHITE IRON, St. Louis County, DOWID: 69000400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

WHITE PINE, Cook County, DOWID: 16036900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	shorter than 19"	19" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

WHITE SWAN, Itasca County, DOWID: 31026000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury

WHITEFACE RES., St. Louis County, DOWID: 69037500

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
Rock Bass	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	-	All sizes	-	Mercury

WHITEFISH, Crow Wing County, DOWID: 18031000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

WHITEFISH, Lake County, DOWID: 38006000

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
Yellow Perch	-	All sizes	-	-	Mercury

WHITEWATER, St. Louis County, DOWID: 69037600

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
White Sucker	-	-	All sizes	-	Mercury

WILD RICE, St. Louis County, DOWID: 69037100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

WILLIAMS, Hubbard County, DOWID: 29001500

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Largemouth Bass	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

WILLIE, Meeker County, DOWID: 47006100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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	-	-	-	-

WILLMAR, Kandiyohi County, DOWID: 34018000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Carp	All sizes	-	-	-	-
Crappie	All sizes	-	-	-	-
Walleye	-	All sizes	-	-	Mercury
White Sucker	All sizes	-	-	-	-

WILLOW RESERVOIR 4, Olmsted County, DOWID: 55002000

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

WILLOW RESERVOIR 6A, Olmsted County, DOWID: 55002100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Largemouth Bass	-	-	All sizes	-	Mercury
White Sucker	-	-	All sizes	-	Mercury

WILSON, Lake County, DOWID: 38004700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	shorter than 15"	15" or longer	-	Mercury
White Sucker	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

WINCHELL, Cook County, DOWID: 16035400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

WINCHESTER, St. Louis County, DOWID: 69069000

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Lake Trout	-	-	All sizes	-	Mercury
Smallmouth Bass	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

WIND, Lake County, DOWID: 38064200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Northern Pike	-	shorter than 27"	27" or longer	-	Mercury
White Sucker	All sizes	-	-	-	-
Yellow Perch	-	All sizes	-	-	Mercury

WINDIGO, Beltrami County, DOWID: 04004800

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

WINDY, Lake County, DOWID: 38006800

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

WINE, Cook County, DOWID: 16068600

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Lake Trout	-	-	All sizes	-	Mercury

WINNIBIGOSHISH, Cass County, DOWID: 11014700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	-	All sizes	-	-	Mercury
Cisco	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	All sizes	-	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

WINONA, Douglas County, DOWID: 21008100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bullhead	All sizes	-	-	-	-
Carp	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	All sizes	-	-	-	-
White Sucker	All sizes	-	-	-	-

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

Lake Name, County, DOWID*

Meal Advice

WINONA, Winona County, DOWID: 85001100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Largemouth Bass	All sizes	-	-	-	-
Northern Pike	-	All sizes	-	-	Mercury
Walleye	All sizes	-	-	-	-

WINSTED, McLeod County, DOWID: 43001200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	-	All sizes	-	Mercury
Bullhead	-	All sizes	-	-	Mercury
Carp	-	All sizes	-	-	Mercury
Channel Catfish	-	shorter than 21"	21" or longer	-	Mercury
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury

WIRTH, Hennepin County, DOWID: 27003700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

WOLF, Becker County, DOWID: 03010100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	All sizes	-	-	Mercury
Walleye	-	-	All sizes	-	Mercury

WOLF, Beltrami County, DOWID: 04007900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Cisco	-	All sizes	-	-	Mercury
Northern Pike	-	shorter than 20"	20" or longer	-	Mercury
Walleye	-	-	All sizes	-	Mercury
Yellow Perch	-	All sizes	-	-	Mercury

WOLF, Itasca County, DOWID: 31015200

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	All sizes	-	Mercury
White Sucker	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

WOLF, St. Louis County, DOWID: 69014300

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Crappie	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	shorter than 21"	21" or longer	Mercury
White Sucker	-	-	All sizes	-	Mercury

WOLF, St. Louis County, DOWID: 69016100

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
White Sucker	-	All sizes	-	-	Mercury

WOLF, St. Louis County, DOWID: 69058200

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
Yellow Perch	-	All sizes	-	-	Mercury

WOLFE PARK, Hennepin County, DOWID: 27066400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	All sizes	-	-	-	-
Bullhead	All sizes	-	-	-	-
Crappie	-	All sizes	-	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury

WOMAN, Cass County, DOWID: 11020100

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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, Watonwan County, DOWID: 83006000

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
Walleye	-	All sizes	-	-	Mercury

WOOD PARK, Dakota County, DOWID: 19002400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury

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

Lake Name, County, DOWID*

Meal Advice

WYE, Lake County, DOWID: 38004200

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
Yellow Perch	-	All sizes	-	-	Mercury

WYNNE, St. Louis County, DOWID: 69043402

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
Bluegill Sunfish	-	All sizes	-	-	Mercury
Cisco	-	-	All sizes	-	Mercury
Northern Pike	-	-	All sizes	-	Mercury
Walleye	-	-	shorter than 15"	15" or longer	Mercury

YANKTON, Lyon County, DOWID: 42004700

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
White Sucker	All sizes	-	-	-	-

ZUMBRA-SUNNY, Carver County, DOWID: 10004100

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

ZUMBRO, Olmsted County, DOWID: 55000400

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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
Walleye	-	All sizes	-	-	Mercury

ZUMWALDE, Stearns County, DOWID: 73008900

Species	Unrestricted	1 meal / week	1 meal / month	Do Not Eat	Contaminants
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

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

Lake Name, County, DOWID*

Meal Advice

Notes

Contaminants listed were measured at levels high enough to warrant a recommendation to limit consumption.

Listing of consumption advice does not imply the fish are legal to keep, MN DNR fishing regulations should be consulted.

* DOWID - Division of Waters' lake ID number, MN Department of Natural Resources

PCBs - Polychlorinated biphenyl

PFOS - Perfluorooctane sulfonate

MN DNR fishing regulations <http://www.dnr.state.mn.us/regulations/fishing/index.html>

PFOS - Perfluorooctane sulfonate <http://www.health.state.mn.us/divs/eh/hazardous/topics/pfcs/index.html>

PCBs - Polychlorinated biphenyls <http://www.health.state.mn.us/divs/eh/fish/faq.html>

Meal Advice <http://www.health.state.mn.us/divs/eh/fish/eating/meal.html>

Mercury <http://www.health.state.mn.us/divs/eh/fish/faq.html>

Dioxin <http://www.health.state.mn.us/divs/eh/risk/chemhazards/dioxins.html>