

Waterbody-specific Fish Consumption Guidelines: Rivers

UPDATED: NOVEMBER 2025

Waterbody-specific guidelines provide advice for lakes, rivers, and Lake Superior where fish have been tested for contaminants. These are the waterbody-specific guidelines for creeks, streams, and rivers. Not all waters in Minnesota have been tested for contaminants in fish. Fish consumption guidelines are provided for two group of people:

- **Sensitive populations:** children under age 15; girls, women, and people age 15 and older who may become pregnant, people who are pregnant, people who are breastfeeding or plan to breastfeed; and
- **General populations:** people not planning to become pregnant; boys and men age 15 and older

Guidelines for servings of fish by waterbody, county, and species

BATTLE CREEK, WASHINGTON CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	MERCURY, PFOS
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PFOS

BEAVER CREEK, MCLEOD CO. (SEE CROW RIVER, SOUTH FORK)

BEAVER RIVER, ST LOUIS CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	PFAS (PFOS)
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	PFAS (PFOS)

BIG FORK RIVER, KOOCHICHING CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	WALLEYE	-	-	ALL SIZES	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

WATERBODY SPECIFIC GUIDELINES: RIVERS (NOVEMBER 2025)

BLACKHOOF RIVER, CARLTON CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	BROWN TROUT	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

CANNON RIVER, BYLLESBY RESERVOIR TO MISSISSIPPI RIVER, DAKOTA AND GOODHUE COUNTIES

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CARP	-	-	ALL SIZES	-	PCBs
GENERAL	OTHER SPECIES					

CEDAR RIVER, ABOVE MILL POND DAM IN AUSTIN, MOWER CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	BULLHEAD	-	-	ALL SIZES	-	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	BULLHEAD	-	ALL SIZES	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

CLOQUET RIVER, ST. LOUIS CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	SUNFISH	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES					

CROW RIVER, SOUTH FORK, CARVER AND MCCLEOD CO. (BEAVER AND MCCUEN CREEKS)

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	PFAS (PFOS)
GENERAL	CARP	-	-	-	ALL SIZES	PFAS (PFOS)
GENERAL	YELLOW PERCH	-	-	-	ALL SIZES	PFAS (PFOS)
GENERAL	OTHER SPECIES	-	-	ALL SIZES	-	PFAS (PFOS)

WATERBODY SPECIFIC GUIDELINES: RIVERS (NOVEMBER 2025)

KETTLE RIVER, PINE CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CHANNEL CATFISH	-	-	ALL SIZES	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

LE SUEUR RIVER, BLUE EARTH CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CARP	-	-	ALL SIZES	-	PCBs
GENERAL	OTHER SPECIES					

LEECH LAKE RIVER, CASS CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	YELLOW PERCH			ALL SIZES		MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	YELLOW PERCH	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

LESTER RIVER, ST. LOUIS CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	RAINBOW TROUT	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

MCCUEN CREEK, MCLEOD CO. (SEE CROW RIVER, SOUTH FORK)

MILLER CREEK, ST. LOUIS CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	PFAS (PFOS)
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	PFAS (PFOS)

MINNEHAHA CREEK, HENNEPIN CO. (LAKE HARRIET TO MISSISSIPPI RIVER)

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	MERCURY, PFAS (PFOS)
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PFAS (PFOS)

**MINNESOTA RIVER, BELOW GRANITE FALLS TO MISSISSIPPI RIVER,
MULTIPLE COUNTIES (BLUE EARTH, BROWN, CARVER, DAKOTA, HENNEPIN, LE SUEUR, NICOLLET,
REDWOOD, RENVILLE, SCOTT, SIBLEY, YELLOW MEDICINE)**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	FLATHEAD CATFISH	-	-	35" OR LONGER	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

**MISSISSIPPI RIVER, LAKE ITASCA TO LAKE IRVING,
MULTIPLE COUNTIES (BELTRAMI, CLEARWATER, HUBBARD)**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	CRAPPIE	-	-	ALL SIZES	-	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CRAPPIE	-	ALL SIZES	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

**MISSISSIPPI RIVER, KNUTSON DAM TO COHASSET DAM,
MULTIPLE COUNTIES (BELTRAMI, CASS, ITASCA)**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	YELLOW PERCH	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

**MISSISSIPPI RIVER, GRAND RAPIDS DAM TO BRAINERD DAM,
MULTIPLE COUNTIES (AITKIN, CROW WING, ITASCA)**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	SMALLMOUTH BASS	-	-	ALL SIZES	-	MERCURY
GENERAL	WALLEYE	-	-	19" OR LONGER	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

MISSISSIPPI RIVER, LITTLE FALLS DAM TO BLANCHARD DAM, MORRISON CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CRAPPIE	-	ALL SIZES	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

**MISSISSIPPI RIVER, SARTELL DAM TO ST. CLOUD DAM,
MULTIPLE COUNTIES (BENTON, SHERBURNE, STEARNS)**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	ROCK BASS	-	-	ALL SIZES	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

**MISSISSIPPI RIVER, ST. CLOUD DAM TO COON RAPIDS DAM,
MULTIPLE COUNTIES (ANOKA, HENNEPIN, SHERBURNE, STEARNS, WRIGHT)**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CHANNEL CATFISH	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

**MISSISSIPPI RIVER, FORD DAM TO HASTINGS DAM, POOL 2,
MULTIPLE COUNTIES (DAKOTA, RAMSEY, WASHINGTON)**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	MERCURY, PCBs, PFAS (PFOS)
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PCBs, PFAS (PFOS)

**MISSISSIPPI RIVER, HASTINGS DAM TO RED WING DAM, POOL 3,
DAKOTA AND GOODHUE COUNTIES**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	MERCURY, PCBs, PFAS (PFOS)
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PCBs, PFAS (PFOS)

**MISSISSIPPI RIVER, RED WING DAM TO KELLOGG DAM, POOL 4, INCLUDING LAKE PEPIN,
GOODHUE AND WABASHA COUNTIES**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	MERCURY, PCBs, PFAS (PFOS)
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PCBs, PFAS (PFOS)

**MISSISSIPPI RIVER, KELLOGG DAM TO LAMOILLE DAM, POOLS 5, 5A, AND 6,
WABASHA AND WINONA COUNTIES**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CRAPPIE	ALL SIZES	-	-	-	PFOS
GENERAL	FLATHEAD CATFISH	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	SUNFISH	ALL SIZES	-	-	-	PFOS
GENERAL	WHITE BASS	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	YELLOW PERCH	ALL SIZES	-	-	-	PFOS
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

**MISSISSIPPI RIVER, LAMOILLE DAM TO RENO DAM, POOLS 7 AND 8,
HOUSTON AND WINONA CO.**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	BUFFALO	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	FLATHEAD CATFISH	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

MISSISSIPPI RIVER, RENO DAM TO IOWA BORDER, POOL 9, HOUSTON CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CARP	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	WHITE BASS	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

PARTRIDGE RIVER, ST. LOUIS CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	YELLOW PERCH	-	-	ALL SIZES	-	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	SUNFISH	ALL SIZES	-	-	-	MERCURY
GENERAL	YELLOW PERCH	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

WATERBODY SPECIFIC GUIDELINES: RIVERS (NOVEMBER 2025)

PRAIRIE RIVER, ITASCA CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	YELLOW PERCH	-	-	ALL SIZES	-	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	YELLOW PERCH	-	ALL SIZES	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

RAINY RIVER, KOOCHICHING CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CRAPPIE	-	ALL SIZES	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

RALEIGH CREEK AND TRIBUTARIES (OAKDALE, LAKE ELMO, STILLWATER), WASHINGTON CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	PFAS (PFOS)
GENERAL	ALL SPECIES	-	-	-	ALL SIZES	PFAS (PFOS)

RED LAKE RIVER, BELOW THIEF RIVER FALLS DAM TO RED RIVER, MULTIPLE COUNTIES (PENNINGTON, POLK, RED LAKE)

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CRAPPIE	-	ALL SIZES	-	-	MERCURY
GENERAL	SAUGER	-	-	ALL SIZES	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

RED RIVER OF THE NORTH, MULTIPLE COUNTIES (CLAY, KITTSOON, MARSHALL, NORMAN, POLK, WILKIN COUNTIES)

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	NORTHER PIKE				30" OR LONGER	MERCURY
SENSITIVE	WALLEYE				ALL SIZES	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	NORTHERN PIKE	-	-	ALL SIZES	-	MERCURY
GENERAL	WALLEYE	-	-	ALL SIZES	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

WATERBODY SPECIFIC GUIDELINES: RIVERS (NOVEMBER 2025)

ROSEAU RIVER, KITTSON CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	WALLEYE	-	-	-	ALL SIZES	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CHANNEL CATFISH	-	-	ALL SIZES	-	MERCURY
GENERAL	WALLEYE	-	-	ALL SIZES	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

SNAKE RIVER, PINE CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CRAPPIE	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

**ST. CROIX RIVER, ABOVE STILLWATER,
MULTIPLE COUNTIES (CHISAGO, PINE, WASHINGTON)**

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	WHITE BASS	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

ST. CROIX RIVER, STILLWATER TO MISSISSIPPI RIVER, WASHINGTON COU.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	BUFFALO	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	CHANNEL CATFISH	-	-	ALL SIZES	-	PCBs
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

ST. LOUIS RIVER, ABOVE CLOQUET, CARLTON AND ST. LOUIS COUNTIES

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	SUNFISH	ALL SIZES	-	-	-	MERCURY
GENERAL	YELLOW PERCH	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

WATERBODY SPECIFIC GUIDELINES: RIVERS (NOVEMBER 2025)

ST. LOUIS RIVER, CLOQUET TO FOND DU LAC DAM, CARLTON CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	YELLOW PERCH	-	-	ALL SIZES	-	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CHANNEL CATFISH	-	-	ALL SIZES	-	MERCURY
GENERAL	YELLOW PERCH	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

ST. LOUIS RIVER ESTUARY, FOND DU LAC DAM TO LAKE SUPERIOR, ST. LOUIS CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	CRAPPIE	-	-	ALL SIZES	-	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CARP	-	-	ALL SIZES	-	MERCURY, PCBs
GENERAL	CRAPPIE	ALL SIZES	-	-	-	MERCURY
GENERAL	FRESHWATER DRUM	-	-	ALL SIZES	-	MERCURY
GENERAL	WALLEYE	-	-	22" OR LONGER	-	MERCURY
GENERAL	YELLOW PERCH	ALL SIZES	-	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

STURGEON RIVER, ST. LOUIS CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	WALLEYE	-	-	-	ALL SIZES	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	WALLEYE	-	-	ALL SIZES	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

UNNAMED CREEK FROM BEAVER LAKE (MAPLEWOOD) TO TANNERS LAKE (LANDFALL, OAKDALE), WASHINGTON CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	MERCURY, PFOS
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PFOS

UNNAMED CREEKS FROM GERVAIS LAKE (LITTLE CANADA) TO LAKE PHALEN (ST. PAUL), RAMSEY CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	PFOS
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PFOS

UPPER IOWA RIVER, MOWER CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	CRAPPIE	-	-	ALL SIZES	-	MERCURY
SENSITIVE	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	CRAPPIE	-	ALL SIZES	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

VERMILION RIVER, ST. LOUIS CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	REDHORSE SUCKER	-	-	ALL SIZES	-	MERCURY
GENERAL	SMALLMOUTH BASS	-	-	ALL SIZES	-	MERCURY
GENERAL	YELLOW PERCH	-	ALL SIZES	-	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

VERMILLION RIVER, DOWNSTREAM OF HASTINGS DAM, FOLLOWS GUIDELINES FOR MISSISSIPPI RIVER POOL 3, DAKOTA AND GOODHUE COUNTIES

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	-	-	-	ALL SIZES	MERCURY, PCBs, PFAS (PFOS)
GENERAL	ALL SPECIES	-	-	ALL SIZES	-	MERCURY, PCBs, PFAS (PFOS)

WILD RICE RIVER, NORMAN CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	WALLEYE	-	-	ALL SIZES	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

ZUMBRO RIVER, WABASHA CO.

POPULATIONS	SPECIES	2 SERVINGS / WEEK	1 SERVING / WEEK	1 SERVING / MONTH	DO NOT EAT	CONTAMINANTS
SENSITIVE	ALL SPECIES	FOLLOW STATEWIDE GUIDELINES				
GENERAL	WALLEYE	-	-	ALL SIZES	-	MERCURY
GENERAL	OTHER SPECIES	FOLLOW STATEWIDE GUIDELINES				

Additional information:

- [MDH Fish Consumption Guidance \(https://www.health.state.mn.us/communities/environment/fish/\).](https://www.health.state.mn.us/communities/environment/fish/)
- [DNR Fishing regulations to see which fish are legal to keep \(https://www.dnr.state.mn.us/fishing/index.html\).](https://www.dnr.state.mn.us/fishing/index.html)

WATERBODY SPECIFIC GUIDELINES: RIVERS (NOVEMBER 2025)

- [Contaminants and Minnesota Fish: mercury, PCBs, PFAS, and Dioxins](https://www.health.state.mn.us/communities/environment/fish/faq.html)
(<https://www.health.state.mn.us/communities/environment/fish/faq.html>).

Minnesota Department of Health
Fish Consumption Guidance Program
651-201-4911
HEALTH.fish@state.mn.us
www.health.state.mn.us/fish

11/17/25

To obtain this information in a different format, email: health.fish@state.mn.us.