

People Who are or May Become Pregnant, People Who are Breastfeeding or Plan to Breastfeed, and Children under Age 15

FISH CONSUMPTION GUIDELINES FOR LAKE SUPERIOR

Fish Species	2 meals per week	1 meal per week	1 meal per month
Brown Trout		All Sizes	
Chinook Salmon		All Sizes	
Cisco (Lake Herring)	All Sizes		
Coho Salmon	All Sizes		
Lake Trout			All Sizes
Lake Whitefish	All Sizes		
Pink Salmon (April 2025)	All Sizes		
Rainbow Trout	All Sizes		
Siscowet Lake Trout			All Sizes
Rainbow Smelt (April 2025)		All Sizes	
Other species	Follow Statewide Fish Consumption Guidelines		

Minnesota Department of Health
Fish Guidelines Program
625 Robert Street N
P.O. Box 64975
St. Paul, MN 55164-0975
651-201-4911

www.health.state.mn.us/fish

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