

# Fish consumption guidelines

These [fish consumption guidelines](#) help people make choices about which fish to eat and how often. Following the guidelines enables people to reduce their exposure to contaminants while still enjoying the many benefits from fish.

## Pregnant Women, Women who may become pregnant and Children under age 15

LAKE NAME County, DOWID	Species	Meal Advice				Contaminants
		Unrestricted	1 meal/week	1 meal/month	Do not eat	
MADISON Blue Earth Co., 07004400	Bluegill Sunfish		All sizes			Mercury
	Carp		All sizes			Mercury
	Crappie	All sizes				
	Northern Pike		All sizes			Mercury
	Walleye		All sizes			Mercury

## General Population

LAKE NAME County, DOWID	Species	Meal Advice				Contaminants
		Unrestricted	1 meal/week	1 meal/month	Do not eat	
MADISON Blue Earth Co., 07004400	Bluegill Sunfish	All sizes				
	Carp	All sizes				
	Crappie	All sizes				
	Northern Pike	All sizes				
	Walleye		All sizes			Mercury

DOWID - MN DNR, Division of Waters' lake ID number.

Contaminants listed were measured at levels high enough to warrant a recommendation to limit consumption.

Listing of consumption guidelines do not imply the fish are legal to keep, MN DNR [fishing regulations](#) should be consulted.

Dioxin

Mercury

PCBS - Polychlorinated biphenyls

PFOS - Perfluorooctane sulfanate

<http://www.dnr.state.mn.us/lakefind/fca/report.html?downum=07004400> © 2010 MN Department of Natural Resources

### What contaminants are found in Minnesota fish?

In Minnesota, mercury is the contaminant in fish that causes the most concern. Air pollution is the major source of mercury that contaminates the fish in Minnesota's lakes and rivers. About 70 percent of the mercury in the air is the result of emissions from coal combustion, mining, incineration of mercury-containing products and other human sources. Over time, fish can accumulate relatively high mercury concentrations. That's why it's important to make wise choices about the fish you eat and how often you eat it.

<http://www.health.state.mn.us/divs/eh/fish/faq.html> ©2010 Minnesota Department of Health.