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# 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	
TWIN Hennepin Co., 27004200	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

## General Population

LAKE NAME County, DOWID	Species	Meal Advice				Contaminants
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TWIN Hennepin Co., 27004200	Bluegill Sunfish		All sizes			PFOS
	Carp	All sizes				
	Crappie		All sizes			PFOS
	Largemouth Bass			All sizes		PFOS
	Northern Pike		All sizes			Mercury

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

Contaminants listed were measured at levels that trigger advice 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

Minnesota DNR  
Department of Natural Resources

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Questions?

Call 651-296-6157 or 888-MINNDNR (646-6367)

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