

# Men, Boys Age 15 and Over, and Women Not Planning to Become Pregnant

## FISH CONSUMPTION GUIDELINES FOR LAKE SUPERIOR

Fish Species	4 meals per week	2 meal per week	1 meal per week	1 meal per month	Do not eat
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	All Sizes				
Rainbow Trout	All Sizes				
Siscowet Lake Trout				All Sizes	
Smelt				All Sizes	

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](http://www.health.state.mn.us)

03/2021

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