



Anoka County Fish

Safe Eating Guidelines for the General Public

[Specific guidelines exist for women who are pregnant & children under age 15]

Anoka County is in the heart of the Land of 10,000 Lakes and some excellent fishing. But how much do you know about the fish?

Most fish in Minnesota are healthy to eat. Monitoring and sampling has confirmed that fish from Anoka County lakes and rivers are safe to eat. The Minnesota Department of Health is advising people to limit exposure to specific fish from specific lakes and rivers.

Any fish (store-bought or sport-caught) could contain contaminants such as mercury that can harm human health especially the development of children and fetuses. You can't see, smell or taste the mercury in fish. That's why it is important to know which fish are safer than others to eat.

The Minnesota Department of health provides two types of advice on how often fish can safely be eaten:

- Statewide Safe Eating Guidelines - general guidelines to help you decide if you and your family need to make changes in your fish-eating habits.
- Site-Specific Advice - detailed consumption guidelines for lakes and rivers where fish have been tested for contaminants. These consumption guidelines are searchable by lake on the Department of Natural Resources Lake Finder website.

*Anoka County lakes and rivers have been summarized, below, in this fact sheet. The MDH Fish Consumption Guidelines (October 2011) did not list any Anoka County Lake or River in which they advised people not eat the fish.

For more information on health fish consumption guidelines go the Minnesota Department of Health [Fish Consumption Advice website](http://www.health.state.mn.us/divs/eh/fish/index.html) (www.health.state.mn.us/divs/eh/fish/index.html) or call 651-201-5000 (651-201-5797 TTY).

Fish Consumption Guidelines for the General Population (Anoka County Lakes)

Adapted from the MDH Fish Consumption Guidelines for the General Population, Lakes (October 2011)

Lake Name Lake Number	Meal Advice				
	Species	Unrestricted	1 meal/week	1 meal/month	Contaminants
Centerville 02000600	Bluegill Sunfish Carp Crappie Northern Pike Walleye White Sucker	All sizes All sizes All sizes All sizes All sizes All sizes			
Club West 02076400	Bluegill Sunfish Crappie Walleye	All sizes All sizes	All sizes		Mercury
Coon Lake 02004200	Bluegill Sunfish Bullhead Northern Pike White Sucker	All sizes All sizes All sizes	All sizes		Mercury
Crooked Lake 02008400	Bluegill Sunfish Bullhead Northern Pike White Sucker	All sizes All sizes	All sizes All sizes		Mercury Mercury
East Moore 02007501	Bluegill Sunfish Bullhead Northern Pike	All sizes All sizes All sizes			
East Twin 02013300	Bluegill Sunfish Bullhead Northern Pike	All sizes All sizes	All sizes		Mercury
George 02009100	Bluegill Sunfish Bullhead Northern Pike	All sizes	All sizes All sizes		Mercury Mercury
Golden 02004500	Bluegill Sunfish Bullhead Northern Pike	All sizes	All sizes All sizes		Mercury Mercury
Ham 02005300	Bluegill Sunfish Northern Pike White Sucker	All sizes All sizes	All sizes		Mercury
Linwood 02002600	Bullhead Crappie Northern Pike White Sucker	All sizes All sizes All sizes All sizes			
Loch Ness 02058500	Sunfish	All sizes			
Martin 02003400	Crappie Walleye White Sucker	All sizes All sizes All sizes			
Otter 02000300	Bluegill Sunfish Bullhead Northern Pike	All sizes All sizes	All sizes		Mercury
Peltier 02000400	Bluegill Sunfish Bullhead Largemouth Bass Northern Pike Sunfish White Sucker	All sizes All sizes All sizes All sizes All sizes All sizes			

Fish Consumption Guidelines for the General Population (Anoka County Rivers)

Adapted from the MDH Fish Consumption Guidelines for the General Population, Lakes (October 2011)

River Name	Meal Advice				
	Species	Unrestricted	1 meal/week	1 meal/month	Contaminants
Mississippi R. St. Cloud Dam to Coon Rapids Dam	Bluegill Sunfish	All sizes	All sizes		PCBs Mercury PCBs
	Carp		All sizes		
	Channel Catfish	All sizes	All sizes		Mercury Mercury Mercury Mercury Mercury Mercury
	Crappie				
	Northern Pike				
	Redhorse Sucker				
	Smallmouth Bass				
	Sucker				
	Walleye				
White Sucker	All sizes				
Mississippi R. Coon Rapids Dam to St. Anthony Falls	Bluegill Sunfish	All sizes	All sizes		Mercury PCBs Mercury Mercury
	Carp		All sizes		
	Channel Catfish		All sizes		
	Smallmouth Bass		All sizes		
Rum R.	Carp	All sizes	All sizes		Mercury
	Walleye		All sizes		

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

PCBs - Polychlorinated biphenyls
 PFOS - Perfluorooctane sulfonate

Listing of consumption advice does not imply the fish are legal to keep. Minnesota Department of Natural Resources fishing regulations should be consulted.

For more information on health guidelines go the Minnesota Department of Health [Fish Consumption Advice website](http://www.health.state.mn.us/divs/eh/fish/index.html) (www.health.state.mn.us/divs/eh/fish/index.html) or call 651-201-5000 (651-201-5797 TTY).