



Anoka County Fish Safe Eating Guidelines 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 Women Who Are Pregnant & Children under Age 15 (Anoka County Lakes)

Adapted from the MDH Fish Consumption Guidelines for women who are pregnant and children under age 15, 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		Mercury Mercury Mercury
Club West 02076400	Bluegill Sunfish Crappie Northern Pike Walleye		All sizes All sizes All sizes All sizes		Mercury Mercury Mercury Mercury
Coon Lake 02004200	Bluegill Sunfish Bullhead Northern Pike White Sucker	All sizes	All sizes All sizes All sizes		Mercury Mercury Mercury
Crooked Lake 02008400	Bluegill Sunfish Bullhead Northern Pike White Sucker	All sizes	All sizes	All sizes All sizes	Mercury Mercury Mercury
East Moore 02007501	Bluegill Sunfish Bullhead Channel Catfish Northern Pike	All sizes All sizes	All sizes All sizes		Mercury Mercury
East Twin 02013300	Bluegill Sunfish Bullhead Northern Pike		All sizes All sizes	All sizes	Mercury
George 02009100	Bluegill Sunfish Bullhead Largemouth Bass Northern Pike		All sizes All sizes All sizes	All sizes	Mercury Mercury Mercury Mercury
Golden 02004500	Bluegill Sunfish Bullhead Northern Pike		All sizes All sizes	All sizes	Mercury Mercury Mercury
Ham 02005300	Bluegill Sunfish Northern Pike White Sucker		All sizes All sizes	All sizes	Mercury Mercury Mercury
Linwood 02002600	Bullhead Crappie Northern Pike White Sucker	All sizes	All sizes All sizes All sizes		Mercury Mercury Mercury
Loch Ness 02058500	Sunfish		All sizes		Mercury
Martin 02003400	Crappie Walleye White Sucker	All sizes	All sizes All sizes		Mercury Mercury
Otter 02000300	Bluegill Sunfish Bullhead Northern Pike		All sizes All sizes	All sizes	Mercury Mercury Mercury

Peltier 02000400	Bluegill Sunfish	All sizes	All sizes		Mercury
	Bullhead		All sizes		Mercury
	Largemouth Bass		All sizes		Mercury
	Northern Pike		All sizes		Mercury
	Sunfish		All sizes		Mercury
White Sucker	All sizes	All sizes	Mercury		

Fish Consumption Guidelines for the Women Who Are Pregnant & Children under Age 15 (Anoka County Rivers)

Adapted from the MDH Fish Consumption Guidelines for Women who are pregnant and children under age 15, Rivers (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	23" or longer	Mercury	
	Carp		All sizes		Mercury PCBs	
	Channel Catfish		Shorter than 23"		Mercury PCBs	
	Crappie		All sizes		Mercury	
	Northern Pike		All sizes		Mercury	
	Redhorse Sucker		All sizes		All sizes	Mercury
	Smallmouth Bass				14" or longer	Mercury
	Sucker		All sizes		Mercury	
	Walleye		Shorter than 16"		16" or longer	Mercury
	White Sucker		All sizes		Mercury	
Mississippi R. Coon Rapids Dam to St. Anthony Falls	Bluegill Sunfish	All sizes	All sizes	20" or longer	Mercury PCBs	
	Carp		Shorter than 20"		Mercury	
	Channel Catfish					
Rum R.	Carp		All sizes	All sizes	Mercury	
	Walleye		Mercury			

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).