The following lakes in Oklahoma have been tested and have low levels of mercury. Fish from these lakes can be eaten often without excessive exposure to mercury.

- Lake Arbuckle
- Lake Arcadia
- Copan Reservoir
- Lake Eucha
- Ft. Gibson Reservoir
- Grand Lake*
- Lake Oologah
- Lake Ponca
- Robert S. Kerr Reservoir
- Sooner Lake
- Lake Spavinaw
- Lake Tenkiller
- Guthrie City Lake
- Hulah Reservoir
- Lake Lawtonka
- Lake Fuqua
- Lake Hudson
- Lake Murray
- Lake Texoma
- Lake Thunderbird
- Tom Steed Reservoir
- Wes Watkins Reservoir
- Zoo Lake (Oklahoma City)

* Grand Lake does not have a mercury advisory, but it is listed on the lead advisory.