For Ogaa Smaller than 20 Inches:

- Eat up to 8 meals or 64 ounces per month.
- Eat up to 4 meals or 32 ounces per month.
- Eat up to 2 meals or 16 ounces per month.
- Eat up to 1 meal or 8 ounces per month.
- Do not eat ogaa from these lakes.

Not enough information available.

- Eat up to 4 meals or 32 ounces per month.
- Eat up to 1 meal or 8 ounces per month.
- Do not eat ogaa from these lakes.

For Ogaa Larger than 20 Inches:

- Eat fewer meals.

Not enough information available.

- Eat fewer meals.
- Eat up to 4 meals or 32 ounces per month.
- Eat up to 2 meals or 16 ounces per month.
- Eat up to 1 meal or 8 ounces per month.
- Do not eat ogaa from these lakes.

Not enough information available.

- Eat fewer meals.
Recommended Maximum Number of Ogaa Meals per Month for Lakes Harvested by Lac Du Flambeau

SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning Ogaa:
- Put ogaa under 20 inches in bags labeled “under 20 inches.”
- Put ogaa over 20 inches in bags labeled “over 20 inches.”
- Label bags with the lake name.
- Follow the advice below for maximum number of meals per month.

USING THIS CHART TO FIND SAFER GIIGOONH

MAXIMUM NUMBER OF MEALS PER MONTH

Advice is for all lakes combined. For example, if you eat four meals in a month from green lakes you should not eat any other meals of ogaa in that month.

MEAL SIZE

Meal size is based on 8 ounces. An average 19 inch ogaa will have 8 ounces of meat. If your meal size is larger you should eat fewer meals of ogaa. If it is smaller you can eat more meals of ogaa.

OTHER GIIGOONH

Giigoonh such as muskellunge, largemouth bass, smallmouth bass, and northern pike will have more mercury than giigoonh such as lake whitefish, herrings, and sunfish. Try to choose safer giigoonh.

For many native people, giigoonh are part of a traditional and healthy diet. If you rely on giigoonh, choose safer giigoonh with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of giigoonh a month may reduce your risk of death due to heart disease.

If you have questions about finding safer ogaa, call GLIFWC at 1-715-682-6619.
To learn more about mercury in ogaa, visit GLIFWC’s website at www.glifwc.org/Mercury/mercury.htm