

Recommended Maximum Number of Ogaa Meals per Month for Lakes Harvested by Lac Courte Oreilles

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, herring, bluegill, sunfish, crappie or perch. Try to choose safer *giigoonh*.

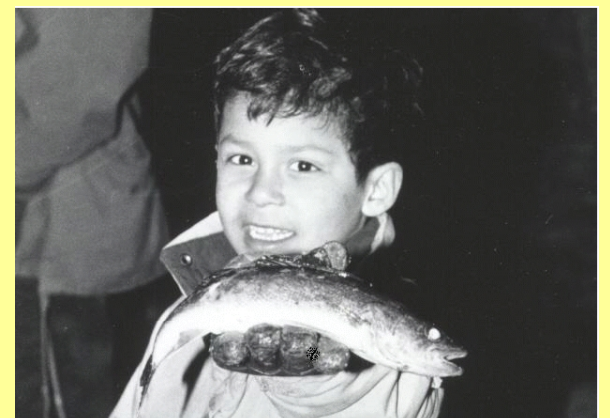
LAKE	COUNTY	Women of childbearing age and children less than 15 Maximum number of meals per month	Women beyond childbearing years and men 15 and older Maximum number of meals per month
AMACOY L	RUSK	1	4
BARBER L	SAWYER	Not Enough Information	
BIRCH L	WASHBURN	Not Enough Information	
DURPHEE L	SAWYER	2	8
FIRESIDE LAKES	RUSK	2	8
GRINDSTONE L	SAWYER	2	4
HOLCOMBE FL	CHIPPEWA	1	4
L CHETAC	SAWYER	2	4
L CHIPPEWA	SAWYER	1	4
L EAU CLAIRE	EAU CLAIRE	1	4
L OF THE PINES	SAWYER	1	4
LAC COURTE OREILLES	SAWYER	2	4
LITTLE ROUND L	SAWYER	Not Enough Information	
LONG L	WASHBURN	2	8
LOST LAND L	SAWYER	1	4
LOWER CLAM L	SAWYER	2	4
MILLE LACS L	MILLE LACS	2	8
MOOSE L	SAWYER	0	2
NELSON L	SAWYER	1	4
OLD ABE L	CHIPPEWA	1	4
OTTER L	CHIPPEWA	Not Enough Information	
POTATO L	RUSK	1	4
PULASKI L	RUSK	0	2
ROUND L	SAWYER	2	8
ROUND L	CHIPPEWA	1	2
SAND L	RUSK	0	2
SAND L	SAWYER	1	4
SISSABAGAMA L	SAWYER	2	4
SLIM	WASHBURN	Not Enough Information	
SMITH L	SAWYER	1	4
SPIDER L	SAWYER	1	2
STONE L	WASHBURN	Not Enough Information	
TEAL L	SAWYER	2	4
THORNAPPLE FL	RUSK	Not Enough Information	
TIGER CAT FL	SAWYER	Not Enough Information	
WHITEFISH L	SAWYER	1	4
WINDFALL L	SAWYER	Not Enough Information	
WINDIGO L	SAWYER	0	2

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 1-800-250-7574.

To learn more about mercury in ogaa, visit GLIFWC's website at www.glifwc.org/bio/mercury.htm