

## Recommended Maximum Number of Ogaa Meals per Month for Lakes Harvested by Red Cliff

### 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*.

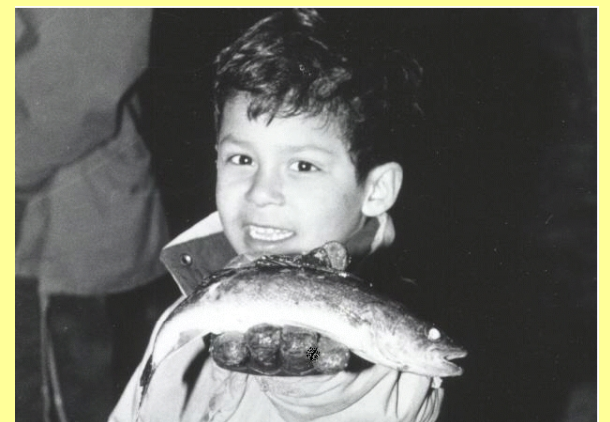
LAKE	COUNTY	Women of childbearing age and children less than 15 Maximum number of meals per month	Women beyond childbearing years and men 15 and older Maximum number of meals per month
AMNICON L	DOUGLAS	1	2
ATKINS L	BAYFIELD	Not Enough Information	
BIG FORK L	ONEIDA	1	4
BLADDER L	BAYFIELD	1	4
BONY L	BAYFIELD	Not Enough Information	
DIAMOND L	BAYFIELD	1	2
JACKSON L	BAYFIELD	Not Enough Information	
L MINNESUING	DOUGLAS	0	2
L NEBAGAMON	DOUGLAS	1	2
L OWEN	BAYFIELD	1	4
LONG L	BAYFIELD	1	2
LOWER EAU CLAIRE L	DOUGLAS	2	8
LYMAN L	DOUGLAS	0	2
MIDDLE EAU CLAIRE L	BAYFIELD	1	4
MILLE LACS L	MILLE LACS	2	8
MINONG FL	WASHBURN	1	4
MOOSE L	SAWYER	0	2
NAMEKAGON L	BAYFIELD	1	4
NELSON L	SAWYER	1	4
PIKE L CHAIN	BAYFIELD	1	4
SISKIWIT L	BAYFIELD	0	2
SISSABAGAMA L	SAWYER	2	4
TURTLE-FLAMBEAU FL	IRON	0	2
UPPER EAU CLAIRE L	BAYFIELD	1	4
UPPER ST CROIX L	DOUGLAS	1	4
WHITEFISH L	DOUGLAS	1	4

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](http://www.glifwc.org/bio/mercury.htm)**