

Recommended Maximum Number of Ogaa Meals per Month for Lakes Harvested by St. Croix

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*.

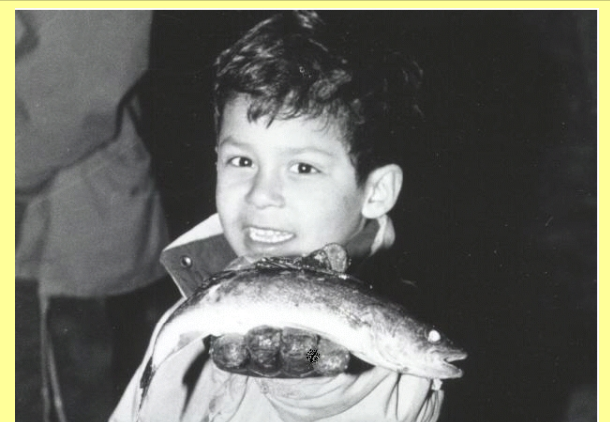
LAKE	COUNTY	Women of childbearing age and children less than 15	Women beyond childbearing years and men 15 and older
		Maximum number of meals per month	Maximum number of meals per month
BALSAM L	POLK	2	8
BALSAM L	WASHBURN	1	4
BASS L	WASHBURN	Not Enough Information	
BASS-PATTERSON L	WASHBURN	1	4
BEAR L	BARRON	1	4
BEAR L	POLK	Not Enough Information	
BEAVER DAM L	BARRON	1	4
BIG BASS L	WASHBURN	2	4
BIG BLAKE L	POLK	Not Enough Information	
BIG BUTTERNUT L	POLK	4	8
BIG MCKENZIE L	BURNETT	2	4
BIG MOON L	BARRON	Not Enough Information	
BIG ROUND L	POLK	1	4
BIG SAND L	BURNETT	Not Enough Information	
CEDAR L	ST CROIX	4	8
CLAM R FL	BURNETT	Not Enough Information	
CRANBERRY L	DOUGLAS	Not Enough Information	
DEVILS L	BURNETT	2	8
GILMORE L	WASHBURN	Not Enough Information	
GRANITE L	BARRON	Not Enough Information	
HALF MOON L	POLK	2	4
HORSESHOE L	BARRON	0	2
INDIANHEAD FL	POLK	Not Enough Information	
L NANCY	WASHBURN	1	4
LIPSETT L	BURNETT	1	4
LITTLE YELLOW L	BURNETT	Not Enough Information	
LONG L	WASHBURN	2	8
LOWER DEVILS L	BARRON	Not Enough Information	
LOWER TURTLE L	BARRON	2	8
LOWER VERMILLION L	BARRON	2	8
MAGNOR L	POLK	2	8
MATTHEWS L	WASHBURN	1	4
MIDDLE MCKENZIE L	WASHBURN	2	8
MILLE LACS L	MILLE LACS	2	8
PIPE L	POLK	0	2
PRAIRIE L	BARRON	Not Enough Information	
RED CEDAR L	BARRON	1	4
RED L	DOUGLAS	1	4
ROONEY L	BURNETT	Not Enough Information	
ROUND L	SAWYER	2	8
SAND L	BARRON	1	4
SAND L	BURNETT	1	4
SHELL L	WASHBURN	1	2
SILVER L	BARRON	0	2
STAPLES L	BARRON	Not Enough Information	
TREGO L	WASHBURN	Not Enough Information	
UPPER TURTLE L	BARRON	2	8
WAPOGASSET L	POLK	2	8
WHITEFISH L	DOUGLAS	1	4
YELLOW L	BURNETT	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