

Recommended Maximum Number of Ogaa Meals per Month for Walleye Lakes in the Minnesota 1837 Ceded Territory

SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning *Ogaa* (walleye):

- 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.

		SENSITIVE:	GENERAL:
		Anyone who	Anyone who
		is pregnant	CANNOT
		or nursing,	become
		could	pregnant,
		become	is NOT
		pregnant,	nursing,
		and children	and
	<u> </u>	under 15	is over 15 Maximum
		Maximum number of	number of
		meals per	meals per
LAKE	COUNTY	month	month
ANN L	KANABEC	2	8
BASS L	PINE		
BIG COMFORT	CHISAGO	Not Enough Information Not Enough Information	
BLUE L	ISANTI		Information
BONE L	WASHINGTON	2	8
BORDEN L	CROW WING	0	2
CEDAR L	AITKIN		Information
CHISAGO L	CHISAGO	2	8
CROSS L	PINE	1	4
CROW WING L	CROW WING	2	8
DEVILS L	KANABEC	Not Enough	Information
ELEVEN L	KANABEC	8	8
FANNIE L	ISANTI		Information
FISH L	CHISAGO		Information
FISH L	KANABEC	2	8
FLORENCE L	ISANTI	Not Enough	Information
FRANCIS L	ISANTI		Information
GOOSE L	CHISAGO	1	4
GREEN L	CHISAGO	2	8
GREEN L	ISANTI	2	4
GRINDSTONE L	PINE	Not Enough	Information
HOLT L	CROW WING	Not Enough	Information
ISLAND L	ANOKA	Not Enough	Information
KNIFE L	KANABEC	2	8
KROON L	CHISAGO	Not Enough	Information
LEWIS L	KANABEC		Information
LITTLE COMFORT L	CHISAGO	Not Enough	Information
LITTLE ELK L	SHERBURNE	4	8
LITTLE L	CHISAGO	8	8
LITTLE ROCK L	BENTON	4	8
LITTLE STANCHFIELD L	ISANTI		Information
LONG L	ISANTI		Information
LONG L	MORRISON		Information
LONG L	PINE		Information
LORY L	ISANTI		Information
MANDALL L	CHISAGO	Not Enough	Information

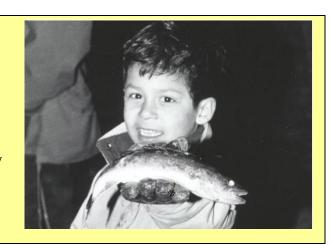
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For many native people, *giigoonh* are part of a traditional and healthy diet. If you rely on *giigoonh*, choose safer *giigoonh* with lower levels of mercury by following the advice on this map.

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.html