

Recommended Maximum Number of Ogaa Meals per Month for Lakes Harvested by Mole Lake

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*.

		Women of childbearing	Women beyond
		0	childbearing
		age and	years and
		children less	men 15 and
		than 15	older
		Maximum	Maximum
		number of	number of
		meals per	meals per
LAKE	COUNTY	month	month
ALEXANDER L	LINCOLN		Information
ARBUTUS L	FOREST	1	2
ARCHIBALD L	OCONTO	1	4
BASS L	OCONTO	2	8
BIG ARBOR VITAE L	VILAS	2	8
BIG FORK L	ONEIDA	1	4
BIG L	ONEIDA	0	2
BIG L (BOULDER JCT)	VILAS	1	4
BIG L (MI BORDER)	VILAS	2	8
BIG MUSKELLUNGE L	VILAS	1	4
BIG SAND L	VILAS	1	4
BIG STONE L	ONEIDA	0	2
BOOT L	OCONTO	2	8
BUTTERNUT L	FOREST	2	8
BUTTERNUT L	PRICE	0	2
CATFISH L	VILAS	1	4
CRANBERRY L	VILAS	1	4
CRANE L	FOREST	1	4
CRESCENT L	ONEIDA	2	8
ENTERPRISE L	LANGLADE	1	4
FAY L	FLORENCE	1	4
FIFTH L	ONEIDA	1	2
FOURMILE L	ONEIDA	0	2
FRANKLIN L	FOREST	2	8
GEORGE L	ONEIDA	1	4
HALSEY L	FLORENCE	2	4
HIGH FALLS RES	MARINETTE	0	2
HILBERT L	MARINETTE	Not Enough	Information
HOWELL L	FOREST	Not Enough	Information
ISLAND L	ONEIDA	1	2
JERSEY CIY FL	LINCOLN	1	4
JULIA L (THREE LAKES)	ONEIDA	0	2
JUNGLE L	FOREST	1	2
KATHERINE L	ONEIDA	1	4
KAWAGUESAGA L	ONEIDA	2	8
KENTUCK L	VILAS	1	4
KEYES L	FLORENCE	1	4
L ALICE	LINCOLN	1	2
L GALILEE	ASHLAND	1	4
L JULIA (RHINELANDER)	ONEIDA	1	2
L LAURA	VILAS	1	4
L LUCERNE	FOREST	1	4
L METONGA	FOREST	1	4
L MOHAWKSIN		0	2
	LINCOLN VILAS	2	8
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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.

