

Recommended Maximum Number of Oгаа Meals per Month for Walleye Lakes in the Michigan 1842 Ceded Territory

SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning *Oгаа*:

- 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*.

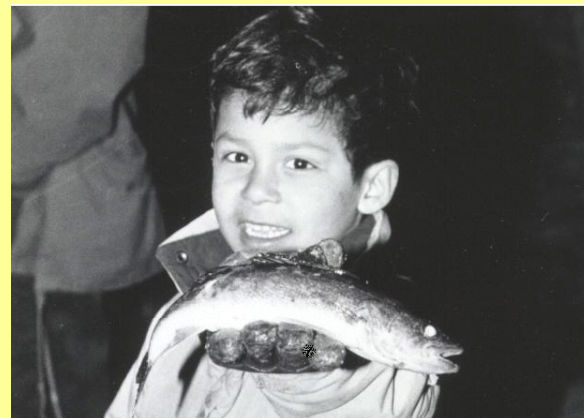
LAKE	COUNTY	Women of childbearing age and children less than 15 Maximum number of meals per month	Women beyond childbearing years and men 15 and older Maximum number of meals per month
ALLEN L	GOGEBIC	Not Enough Information	
BEATONS L	GOGEBIC	1	4
BIRCH L	GOGEBIC	Not Enough Information	
BOND FALLS FL	ONTONAGON	0	2
BONE L	IRON	Not Enough Information	
BRULE L	IRON	0	2
CABLE L	IRON	1	4
CAMP L	IRON	Not Enough Information	
CHICAGON L	IRON	1	2
CISCO L CHAIN	GOGEBIC	1	4
CLEARWATER L	GOGEBIC	Not Enough Information	
CLOVERLEAF L	GOGEBIC	Not Enough Information	
DEER L	IRON	Not Enough Information	
DINNER L	GOGEBIC	Not Enough Information	
DUCK L	GOGEBIC	1	4
EMILY L	IRON	1	4
GAYLORD L	GOGEBIC	Not Enough Information	
GIBSON L	IRON	Not Enough Information	
HAGERMAN L	IRON	2	8
INDIAN L	IRON	1	4
IRON L	IRON	Not Enough Information	
JAMES L	IRON	0	2
L GOGEBIC	GOGEBIC	1	4
LAC VIEUX DESERT	GOGEBIC	2	8
LANGFORD L	GOGEBIC	0	2
LITTLE OXBOW L	GOGEBIC	Not Enough Information	
MARION L	GOGEBIC	0	2
MARY L	IRON	Not Enough Information	
MICHIGAMME L	IRON	Not Enough Information	
MICHIGAMME RES	IRON	0	2
MITCHELL L	IRON	Not Enough Information	
MORAIN L	GOGEBIC	Not Enough Information	
NORWAY L	IRON	Not Enough Information	
OTTAWA L	IRON	2	8
PAINT POND	IRON	Not Enough Information	
PARENT L	BARAGA	0	2
PEAVY POND	IRON	1	2
PERCH L	IRON	0	2
POMEROY L	GOGEBIC	1	4
RUNKLE L	IRON	Not Enough Information	
SIX MILE L	ONTONAGON	1	4
STAGER L	IRON	Not Enough Information	
STANLEY L	IRON	2	8
STE KATHRYN L	IRON	2	4
SUDDEN L	ONTONAGON	1	4
SUNSET L	IRON	1	4
SWAN L	IRON	Not Enough Information	
TAMARACK L	GOGEBIC	1	4
VICTORIA RESERVOIR	ONTONAGON	1	2
WINSLOW L	IRON	1	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 oгаа, call GLIFWC at 1-800-250-7574.
To learn more about mercury in oгаа, visit GLIFWC's website at www.glifwc.org/bio/mercury.htm**