

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

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
ALEXANDER L	LINCOLN	Not Enough Information	Not Enough Information
ARBUTUS L	FOREST	1	2
ARCHIBALD L	OCONTO	Not Enough Information	Not Enough Information
BASS L	OCONTO	2	8
BIG FORK L	ONEIDA	1	4
BIG L	ONEIDA	1	2
BIG L (MI BORDER)	VILAS	2	8
BIG SAND L	VILAS	1	4
BIG STONE L	ONEIDA	0	2
BIG TWIN L	LANGLADE	Not Enough Information	Not Enough Information
BIRCH L	FOREST	Not Enough Information	Not Enough Information
BOOT L	OCONTO	2	8
BUTTERNUT L	FOREST	2	8
CALDRON FALLS RES	MARINETTE	0	2
CATFISH L	VILAS	1	4
COLUMBUS L	ONEIDA	Not Enough Information	Not Enough Information
CRANBERRY L	VILAS	1	4
CRANE L	FOREST	1	4
CRESCENT L	ONEIDA	2	8
DEER L	LINCOLN	1	4
EMILY L	FLORENCE	1	4
EMMA L	ONEIDA	0	2
ENTERPRISE L	LANGLADE	1	4
FAY L	FLORENCE	1	4
FOURMILE L	ONEIDA	Not Enough Information	Not Enough Information
FOURTH L	ONEIDA	Not Enough Information	Not Enough Information
FRANKLIN L	FOREST	2	8
GEORGE L	ONEIDA	2	4
GROUND HEMLOCK L	FOREST	Not Enough Information	Not Enough Information
HALSEY L	FLORENCE	2	4
HAT RAPIDS FL	ONEIDA	Not Enough Information	Not Enough Information
HIGH FALLS RESERVOIR	MARINETTE	0	2
HILBERT L	MARINETTE	Not Enough Information	Not Enough Information
HOWELL L	FOREST	Not Enough Information	Not Enough Information
INDIAN L	ONEIDA	2	4
ISLAND L	ONEIDA	1	4
JERSEY CITY FL	LINCOLN	1	4
JESSIE L	LANGLADE	Not Enough Information	Not Enough Information
JUNGLE L	FOREST	1	2
KENTUCK L	VILAS	1	4
KEYES L	FLORENCE	1	4
KING L	FOREST	Not Enough Information	Not Enough Information
L ALICE	LINCOLN	1	2
L JULIA (RHINELANDER)	ONEIDA	1	2
L LUCERNE	FOREST	1	4
L METONGA	FOREST	2	4
L MOHAWKSIN	LINCOLN	0	2

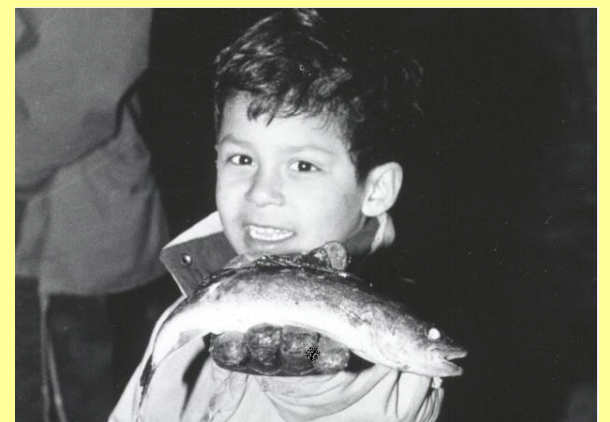
LAKE	COUNTY	Women of childbearing age and children less than 15 Maximum number of meals per month	Women beyond childbearing years and men 15 and older Maximum number of meals per month
LAC VIEUX DESERT	VILAS	2	8
LAUREL L	ONEIDA	Not Enough Information	Not Enough Information
LAWRENCE L	LANGLADE	Not Enough Information	Not Enough Information
LILY L	FOREST	1	4
LITTLE FORK L	ONEIDA	0	2
LONE STONE L	ONEIDA	Not Enough Information	Not Enough Information
LONG L	ONEIDA	1	4
LONG L	VILAS	1	4
LOWER NINEMILE L	ONEIDA	Not Enough Information	Not Enough Information
MAIDEN L	OCONTO	1	4
MILLE LACS L	MILLE LACS	2	8
MOCCASIN L	LANGLADE	Not Enough Information	Not Enough Information
MOEN L	ONEIDA	0	1
MOLE L	FOREST	Not Enough Information	Not Enough Information
MUELLER L	LANGLADE	Not Enough Information	Not Enough Information
OTTER L	LANGLADE	Not Enough Information	Not Enough Information
PATTEN L	FLORENCE	2	4
PELICAN L	ONEIDA	2	4
PICKEREL L	LANGLADE	Not Enough Information	Not Enough Information
PINE L	FOREST	1	4
PINE R FL	FLORENCE	1	4
PLANTING GROUND L	ONEIDA	1	2
RANGE LINE L	FOREST	4	8
RHINELANDER FL	ONEIDA	Not Enough Information	Not Enough Information
ROBERTS L	FOREST	1	4
ROLLING STONE L	LANGLADE	Not Enough Information	Not Enough Information
ROSE L	LANGLADE	Not Enough Information	Not Enough Information
ROUND L	ONEIDA	Not Enough Information	Not Enough Information
SAWYER L	LANGLADE	Not Enough Information	Not Enough Information
SEVENMILE L	ONEIDA	1	2
SPIRIT L	ONEIDA	Not Enough Information	Not Enough Information
SPIRIT R FL	LINCOLN	1	2
SQUASH L	ONEIDA	1	4
STEVENS L	FOREST	1	2
SUMMIT L	LANGLADE	Not Enough Information	Not Enough Information
THUNDER L	ONEIDA	Not Enough Information	Not Enough Information
TOMAHAWK L CHAIN	ONEIDA	1	4
TOWNSEND FL	OCONTO	Not Enough Information	Not Enough Information
TRUMP L	FOREST	1	4
TWIN L CHAIN	VILAS	2	4
UPPER POST L	LANGLADE	Not Enough Information	Not Enough Information
VIRGIN L	ONEIDA	Not Enough Information	Not Enough Information
WHEELER L	OCONTO	1	4
WHITE L	LANGLADE	1	4
WHITEFISH L	ONEIDA	0	2
WILLOW FL	ONEIDA	0	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