

## CHEMICALS OF CONCERN

**Dioxin, Polychlorinated Biphenyls (PCBs), and Toxaphene** are chemicals that result from human activity and have been found in a variety of fish. These chemicals are linked to cancer in animals and dioxin is known to cause cancer in humans. Fortunately, laboratory results show Lake Superior Whitefish are well below dangerous levels for these chemicals. For more information visit [www.GLIFWC.org/lakesuperiorwhitefish/](http://www.GLIFWC.org/lakesuperiorwhitefish/)

**Methylmercury (mercury)** is a chemical that can enter water bodies by both natural and human activities. Laboratory results show mercury concentrations are relatively low in Lake Superior fish while inland waters have higher concentrations which can end up in walleye.



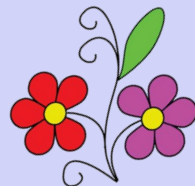
## FISH



The Ojibwe have always lived on and around waters abundant with fish. Historically fish has been, and continues to be, an essential component of the Ojibwe diet providing protein, omega-3s, and at times vitamin D from fish livers.

Over time, chemicals from human activities have been found in fish species all around the world, including those in Ceded Territory. Walleye and Lake Superior whitefish have undergone rigorous laboratory testing to ensure these fish meet FDA chemical contaminant safety standards, and there are steps you can take to continue to reduce consumption of these chemicals.

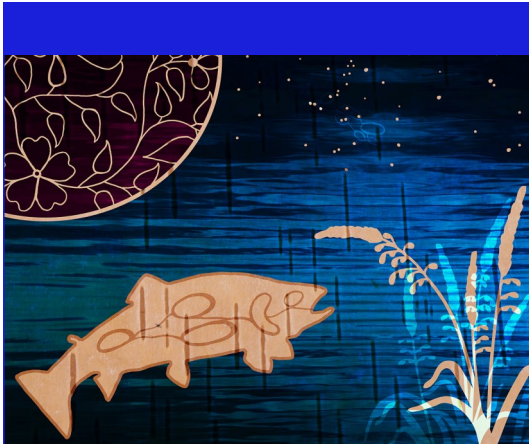
This brochure was produced as a part of a grant funded by the Administration for Native Americans.



# Fish



## Keeping Fish Safe for Your Family and Community



## **TIPS TO LOWER RISK:**

### **BEFORE HARVESTING**

#### ***Select Appropriate***

***Harvesting Sites.*** Avoid areas that have been impacted by large water events, such as flooding, which can be high in pathogens. Select the lake with the lowest mercury content in your fishing area. Use GLIFWC's Mercury Maps to choose the inland lakes near you with the lowest amount of mercury. Learn more at: [www.GLIFWC.org/Mercury](http://www.GLIFWC.org/Mercury).

### **WHILE HARVESTING**

#### ***Low or Small, Healthy***

***for All.*** Fish lower on the food chain, in other words, fish that don't primarily eat other fish, are generally lower in contaminants. For fish at the top of the food chain, such as walleye, it is a good practice to harvest smaller fish, which generally have lower amounts of contaminants.

**Mercury is stored in the meat of fish and cannot be cooked out.**



### **AFTER HARVESTING**

#### ***Lake Superior Fish – Grill, Skin, or Trim.***

Chemicals such as PCBs and Dioxins, are stored in the fat of the fish. Trimming fat and removing the skin will help reduce these chemicals. Also, cooking in a way that the fat can drain away, such as grilling, can help remove these chemicals.

