



Kelly Lake - Lake Trout

Based on the latest monitoring results, Lake Trout from Kelly Lake (Sahtu) contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Occasional consumption of Lake Trout is not harmful.

If you regularly consume Lake Trout on a weekly basis, the following restrictions apply:

Pregnant / Breastfeeding Women	Children 5 - 11 years old	Children 1 - 4 years old	General Population
2 servings per month	1 and 2/3 servings per month	1 serving per month	2 servings per week

1 serving = 75 grams = 1 pack of cards



You can eat unlimited amounts of Whitefish from Kelly Lake (Sahtu).

Fish is good for you. It is high in protein, vitamin B and omega-3 fatty acids. Omega-3 fatty acids are food for your heart, your brain, and your eyesight. Fish are also an excellent source of vitamin D, which helps your body use calcium, a mineral required for the development of strong teeth and bones.

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