



# Moose Organ Consumption Notice

April 2017 | [www.hss.gov.nt.ca](http://www.hss.gov.nt.ca)

The Chief Public Health Officer recommends that the consumption of liver and kidneys from moose harvested in the southern Mackenzie Mountains within the Dehcho region should be limited due to high cadmium levels. However, moose harvested in the Mackenzie and Liard valleys, and from the Sahtu region have lower levels of cadmium such that recommended guidelines therefore allow for more consumption of moose organs from these areas than for moose organs harvested from the southern Mackenzie Mountains.

Moose liver and kidney had previously been collected from the southern Mackenzie Mountains and the Mackenzie and Liard valleys as part of a wildlife monitoring program. Some animals were found to have elevated levels of cadmium and a public health advisory was issued (February 10, 2009). Moose from the same regions were recently re-tested and also included an additional region (Sahtu). Updated recommended guidelines for consumption are now being provided based on the new data.

There was a significant difference in cadmium levels between the moose sampled in the mountains and those collected from the other regions. The following Recommended Maximum Monthly Intakes were provided based on the Provisional Tolerable Monthly Intake for cadmium of 25 µg/kg bw/month (Health Canada).

| Region + Organ Type<br>(average cadmium concentration)  | Recommended Maximum Monthly Intakes |
|---|-------------------------------------|
| Southern Mackenzie Mountain Moose Liver<br>(30.9 µg/g*) | ¾ serving per month* (56 g)         |
| Southern Mackenzie Mountain Moose Kidney<br>(47 µg/g)   | ½ serving per month (37 g)          |
| Mackenzie and Liard Valley Moose Liver<br>(2.7 µg/g)    | 8-9 servings per month (650 g)      |
| Mackenzie and Liard Valley Moose Kidney<br>(14 µg/g)    | 1-2 servings per month (125 g)      |
| Sahtu Moose Liver (2.3 µg/g)                            | 10 servings per month (739 g)       |
| Sahtu Moose Kidney (14.6 µg/g)                          | 1-2 servings per month (117 g)      |

**1 serving = 75 grams = 1 pack of cards**

\* based on previous data due to only 1 liver sample being provided in the more recent data.



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**Levels of cadmium in the meat of moose are very low, and moose meat remains a very healthy food choice. Moose is a nutritious food source and is good for us when following recommended consumption guidelines.**

Moose meat, liver, kidney and blood are all excellent sources of protein and iron. Protein is needed to build and repair all parts of the body. Iron is used to make healthy blood. The meat and liver are also excellent sources of B vitamins, which help our bodies use energy from foods and are important for healthy skin, hair, nerves and muscles as well as healthy growth and development.

According to the World Health Organization, **smoking tobacco remains the most important source of exposure to cadmium, and the daily intake will exceed that from food in the case of heavy smokers.** The most effective way to minimize exposure to cadmium is to stop smoking and to avoid second hand smoke.

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