



## Gargan Lake - Northern Pike

Based on the latest monitoring results, Northern Pike larger than 60 cm from Gargan Lake contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Northern Pike that are smaller than 60 cm can be consumed on a regular basis, as per the DHSS General Fish Consumption Guidelines which can be viewed at [www.hss.gov.nt.ca](http://www.hss.gov.nt.ca).

If you regularly consume Northern Pike over 60 cm 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 $\frac{2}{3}$ 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 Gargan Lake.

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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