



Lac Ste. Therese - Walleye

Based on the latest monitoring results, Walleye from Lac Ste. Therese contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Walleye of any size should not be consumed.



You can eat unlimited amounts of Whitefish from Lac Ste. Therese.

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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If you would like this information in another official language, contact us at 1-855-846-9601.
Si vous voulez ces renseignements dans une autre langue officielle, communiquez avec nous au 1-855-846-9601.



Lac Ste. Therese - Lake Trout

Based on the latest monitoring results, Lake Trout from Lac Ste. Therese contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Lake Trout of any size should not be consumed.



You can eat unlimited amounts of Whitefish from Lac Ste. Therese.

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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Lac Ste. Therese - Northern Pike

Based on the latest monitoring results, Northern Pike from Lac Ste. Therese contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Northern Pike of any size should not be consumed.



You can eat unlimited amounts of Whitefish from Lac Ste. Therese.

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