



## Little Doctor Lake - Walleye

Based on the latest monitoring results, Walleye from Little Doctor Lake contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Walleye that are larger than 45 cm should not be consumed.
- Occasional consumption of Walleye smaller than 45 cm is not harmful.

If you regularly consume Walleye smaller than 45 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 and Longnose Sucker from Little Doctor 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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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.



## Little Doctor Lake - Burbot

Based on the latest monitoring results, Burbot from Little Doctor Lake contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Burbot that are larger than 60 cm should not be consumed.
- Occasional consumption of Burbot smaller than 60 cm is not harmful.

If you regularly consume Burbot smaller than 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 2/3 servings per month	1 serving per month	2 servings per week

1 serving = 75 grams = 1 pack of cards



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