



## McGill Lake - Northern Pike

Based on the latest monitoring results, Northern Pike from McGill 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 43 cm or smaller 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).
- For Northern Pike between 43 and 74 cm, occasional consumption is not harmful.
- Northern Pike that are 74 cm or larger should not be consumed.

If you are regularly consuming Northern Pike between 43 and 74 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 McGill 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.



## McGill Lake - Walleye

Based on the latest monitoring results, Walleye from McGill 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 22 cm or smaller 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).
- For Walleye between 22 and 38 cm, occasional consumption is not harmful.
- Walleye that are 38 cm or larger should not be consumed.

If you are regularly consuming Walleye between 22 and 38 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



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