



## Nonacho Lake - Lake Trout

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

The Chief Public Health Office is therefore recommending that:

- Lake Trout 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).
- Occasional consumption of Lake Trout that are 60 cm or larger is not harmful.

If you regularly consume Lake Trout that are 60 cm or larger 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



### You can eat unlimited amounts of Whitefish from Nonacho 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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