



## Sanguéz Lake - Northern Pike

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

The Chief Public Health Office is therefore recommending that:

- Occasional consumption of Northern Pike is not harmful.

If you regularly consume Northern Pike 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 Sanguéz 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.



## Sanguéz Lake - Walleye

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

The Chief Public Health Office is therefore recommending that:

- Occasional consumption of Walleye is not harmful.

If you regularly consume Walleye 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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