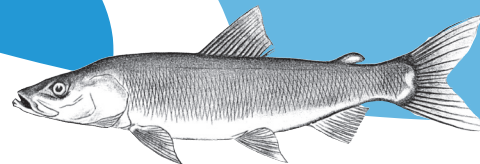




# INCONNU (CONEY)

ENVIRONMENTAL HEALTH – CONTAMINANTS FACT SHEETS



## WHAT DO WE KNOW ABOUT INCONNU?

Inconnu is also known as coney and sheefish in the Northwest Territories. Inconnu has a dark back and silvery sides. It can grow to over a meter in length. Inconnu is an especially fatty fish.

Inconnu, like most other fish species, often contains some mercury. Mercury is a heavy metal contaminant (*see Mercury fact sheet - <http://www.hss.gov.nt.ca>*) that can build up in the organs and in the meat. Although predatory at an older age, inconnu tends to have low levels of mercury.

## INCONNU IS GOOD FOR US!

Inconnu meat is an excellent source of protein. Protein is needed to build and repair all parts of the body. It is also a source of healthy fats, called omega-3 fatty acids. These fats help to keep the heart healthy and are good for brain development.

For more nutritional information on fish, see the GNWT Health and Social Services Nutritional Food Fact Sheets Series (<http://www.hss.gov.nt.ca>).

## IS INCONNU SAFE TO EAT?

Yes! Inconnu are safe to eat. They are also some of the healthiest foods available. The benefits of consuming inconnu are much greater than the risks of contaminant

exposure. A consumption notice has never been issued by the NWT's Chief Public Health Officer to limit the intake of inconnu.