



MOUNTAIN GOAT & DALL SHEEP

ENVIRONMENTAL HEALTH – CONTAMINANTS FACT SHEETS



WHAT DO WE KNOW ABOUT MOUNTAIN GOAT AND DALL SHEEP?

Mountain goats and Dall sheep are land-based animals. Land-based animals are less likely to build up high levels of contaminants than marine animals (like beluga or ringed seal). Mountain goats and Dall sheep eat plants and are low on the food chain. Animals that do not eat other animals also tend to have low levels of contaminants.

Mountain goats and Dall sheep have been sampled for contaminants in the NWT. Their meat consistently shows low levels of contaminants (metals and radionuclides). Kidneys may have higher levels of cadmium (*see Cadmium fact sheet* – <http://www.hss.gov.nt.ca>) however the cadmium levels that have been measured in mountain goats and Dall sheep are well below levels of concern. To minimize exposure to cadmium, it is much more effective to quit smoking and to avoid second hand smoke.

MOUNTAIN GOAT AND DALL SHEEP ARE GOOD FOR US!

The meat of both mountain goat and Dall sheep is an excellent source of protein. Protein is used to build and repair all parts of the body. It is also a good source of iron. Iron is used to make healthy blood.

ARE MOUNTAIN GOATS AND DALL SHEEP SAFE TO EAT?

Yes! They are both safe to eat. They are also some of the healthiest foods available. The benefits of consuming mountain goat and Dall sheep are much greater than the risks of contaminant exposure.