



Duck Lake - Northern Pike

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

The Chief Public Health Office is therefore recommending the following fish consumption advisory:

If you regularly consume Northern Pike that are 76 cm or larger on a monthly basis, the following restrictions apply:

Pregnant / Breastfeeding Women	Children 5 - 11 years old	Children 1 - 4 years old	General Population
7 servings per month	3 servings per month	2 servings per month	17 servings per week

1 serving = 75 grams = 1 pack of cards



You can eat unlimited amounts of Whitefish from Duck 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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