



Lower Martin Lake - Northern Pike

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

The Chief Public Health Office is therefore recommending that Northern Pike can be consumed on a monthly basis, as per the DHSS General Fish Consumption Guidelines which can be viewed at www.hss.gov.nt.ca.

If you regularly consume Northern Pike on a monthly basis, the following restrictions apply:

Pregnant / Breastfeeding Women	Children 5 - 11 years old	Children 1 - 4 years old	General Population
7.5 servings per month	3 servings per month	1.5 serving per month	17 servings per month

1 serving = 75 grams = 1 pack of cards



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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