



CONSUMPTION GUIDE

MAXIMUM NUMBER OF MEALS PER MONTH (12 meals per month or more)	MERCURY CONTENT (mg of Hg/kg of flesh)
Unrestricted consumption (12 meals per month or more)	0.00 to 0.29
8 meals per month	0.30 to 0.49
4 meals per month	0.50 to 0.99
2 meals per month	1.00 to 1.99
1 meal per month	2.00 to 3.75

A meal is considered equivalent to 230 g (8 oz) of fish flesh, before cooking.

SPECIES	CONSUMPTION LENGTH (mm)
LE	400
WB	500
LW	500*
CI	300
BT	300
ST	900
NP	700
WA	500*
SA	350
LT	600
GO	350
MO	350
FO	250

* When Lake Whitefish or Walleye are caught in brackish or salt water, the consumption length considered is 400 mm.

The information given on the map comes from the water bodies for which Hydro-Québec has mercury concentration measurements in the flesh of the species illustrated. The values are based on data collected between 1976 and 1991.

Since the mercury levels in a given species vary greatly between lakes, the number of meals suggested per month for a given lake cannot be applied to another lake.

The number of meals recommended per month is based on:
 - the mean mercury concentrations measured in each water body for the consumption lengths indicated;
 - the Guide de consommation du poisson de pêche sportive en eau douce du gouvernement du Québec (<http://www.mmqv.gouv.qc.ca/eau/guide/index.htm>).

Since the mercury levels increase with fish length, the number of meals per month should be cut by half if the catches clearly exceed the consumption length indicated. The reverse is also true if the catches are clearly smaller than the consumption length given on the map.

As long as the number of recommended meals per month is not exceeded, they can be taken over a short period of time, for example during a single fishing trip.

The non-piscivorous species preferred by anglers is the Brook Trout. If there is no indication given for a specific water body, the number of meals recommended per month is generally the same as for Lake Whitefish.

FISH IS GOOD FOR YOUR HEALTH

Fish is a very healthy food source. It has been shown that a regular consumption of fish decreases the risk of heart disease. This decrease is attributed to the presence of high quality omega-3 fatty acids. These fatty substances, which are not found in other animal flesh, also benefit the development of the fetus and children, and help prevent certain types of cancer and inflammatory diseases. Therefore, it is highly recommended to include fish regularly in your diet.

FISH IS AN EXCELLENT SOURCE OF:

Proteins: The building block of the human body, proteins are essential for building and repairing all the body structures (muscles, hormones, genes). They also contribute to the regulation of certain metabolic mechanisms.

Vitamin D: Vitamin D is essential for maintaining calcium and phosphorus in the blood serum at levels adequate for bone growth, tooth growth, and neuromuscular functions.

Selenium: Selenium is a mineral essential to the functions of an antioxidant enzyme called glutathione peroxidase.

Lipids: A concentrated source of energy, lipids are essential for the transport and absorption of liposoluble vitamins (A, D, E, K) and provide precious essential fatty acids (EFA). EPA and DHA, both omega-3 fatty acids, are components of lipids which can protect against heart diseases, inflammatory diseases, and nervous system problems.

FATTY ACIDS IN THE FISHES OF THE LA GRANDE COMPLEX AREA

Species	Fatty acids (EPA + DHA) mean (mg/meal)
Lake Whitefish	430
Cisco	400
Round Whitefish	400
Northern Pike	290
Walleye	530
Brook Trout	1160
Lake Trout	730
Landlocked Atlantic Salmon (Quarantiché)	900
Burbot	240

PRECAUTION FOR PREGNANT WOMEN

Pregnant women or women planning a pregnancy, and women who are breast feeding, should be cautious. However, to enjoy the advantages of consuming fish and to avoid any risk related to mercury, it is recommended that these women should consume marine species or choose the less contaminated freshwater species, presented in green, up to a maximum of 5 meals per month.

INFRASTRUCTURE AND SERVICES

- Paved main road
- Paved secondary road
- Gravel secondary road
- Tertiary road
- Dyke or dam
- Power transmission line (735 kV)
- Airport
- Service station
- Access ramp
- Outfitter
- Workers' camp

LAND COVERED BY THE JAMES BAY AND NORTHERN QUEBEC AGREEMENT

- Limits of the James Bay territory
- Category I lands — Crees
- Category II lands — Crees

In category I and II lands, native people have exclusive hunting, fishing and trapping rights. Outside the category I and II lands, the following fish species are for the exclusive use of the native people: Lake Whitefish (non-migrating), Lake Sturgeon, Longnose Sucker, White Sucker, Burbot, Mooneye and Goldeye.

For additional copies of this map, please contact:
 Hydro-Québec
 Bureau d'accueil
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 Montréal (Québec)
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Source: Hydro-Québec
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FISH ON THE MENU? RECIPES ON THE BACK

Fish consumption guide for the water bodies of the Nottaway, Broadback and Rupert region

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