TIPS FOR WOMEN OF CHILD-BEARING AGE AND CHILDREN

- Women who are pregnant or may become pregnant soon, breastfeeding women and children should try not to eat high-mercury fish. We recommend eating 2 meals per week of low-mercury fish.
- Most store-bought canned and fresh fish are low in mercury. However, canned **white** tuna, fresh tuna, swordfish and shark should be avoided.
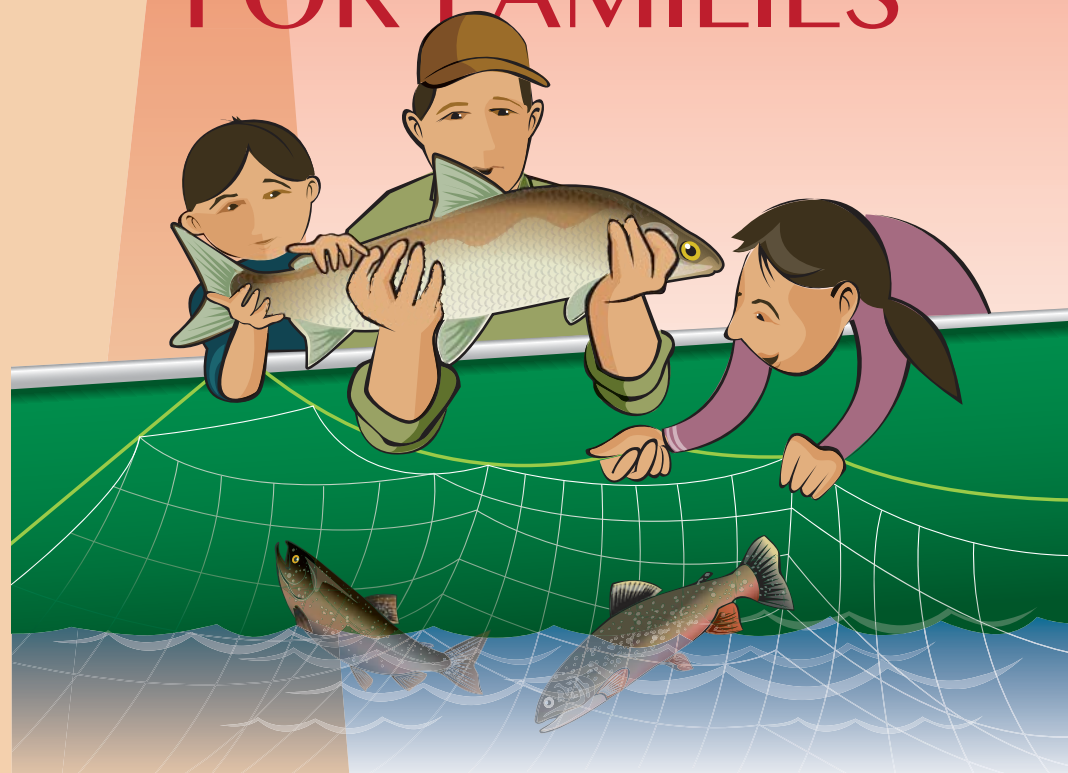
For more information:
www.creehealth.org/eating-fish

To reach the regional public health department of the Cree Board Health and Social Services of James Bay:
(418) 923-3355 or (819) 855-2744

MISKAMOON CORPORATION

DECEMBER 2014

FISH FACTS FOR FAMILIES

FISHING IS AN IMPORTANT CREE TRADITION

Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

FISH IS GOOD FOR YOUR HEALTH

Eating fish remains excellent for your health. However, some precautions should be followed.

- Fish is an excellent source of protein, vitamins and minerals.
- Fish is low in saturated fat and cholesterol.
- Fish is rich in omega-3 fats.

How omega-3 fats help you stay healthy?
- Protect against heart disease and stroke.
- Decrease fat levels in your blood.
- Can lower blood pressure.
- Is needed for the development of baby's brain, nervous system and eyes (from pregnancy until 2 years old).

EEYOUCH/EENOUCH CAN EAT AT LEAST 2 MEALS OF LOW-MERCURY FISH PER WEEK

1 meal is about the size of your hand

Mercury is a contaminant.
Traces of mercury in people's bodies are not harmful, but larger amounts can affect the brain. The baby growing inside the womb is more sensitive to the effects of mercury than children and adults.

Low-mercury fish are usually:
- Small fish
- Insect-eating fish
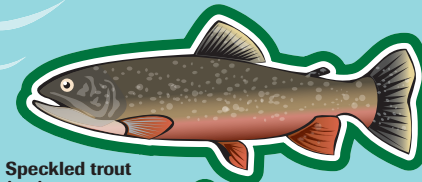- Coastal fish (fish caught in salt water)

Choose these fish more often
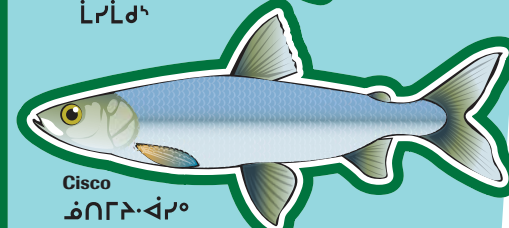
High-mercury fish are usually:
- Fish from reservoirs or directly downstream from hydroelectric power plants
- Predatory fish – ones that eat other fish
- Large fish – more than 1 ½ feet (50 cm)

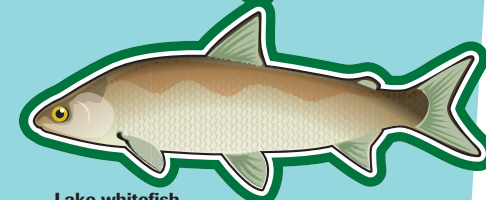**While these fish are still good to eat, we recommend eating them less frequently.**
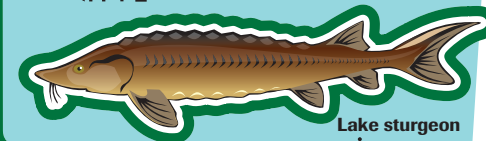
Examples of low-mercury fish:

Speckled trout
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Cisco
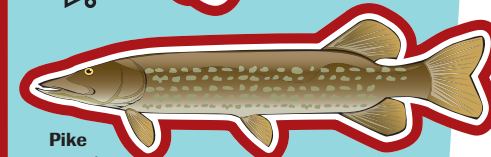ᖢᐧᑊᕒᐱ·ᐊᔆᐤ

Lake whitefish
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Lake sturgeon
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Examples of high-mercury fish:

Walleye
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Pike
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Lake trout
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