



Public Service Announcement

Ringed seal livers are high in mercury

Start Date: July 31, 2012
End Date: August 31, 2012
Iqaluit, NU

The Inuit Health Survey 2007-2008 Contaminant Assessment in Nunavut report is available at all health centres in Nunavut.

The survey shows that a diet that is rich in country food provides many health benefits.

Pregnant women, women who wish to become pregnant, or who are thinking of becoming pregnant are encouraged to eat country food, and to eat ringed seal meat. However, they should avoid eating ringed seal livers, which contain high levels of mercury.

Mercury can affect the growth of the brain in unborn babies and nursing infants. Contact your health provider or Health Centre if you have any questions.

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