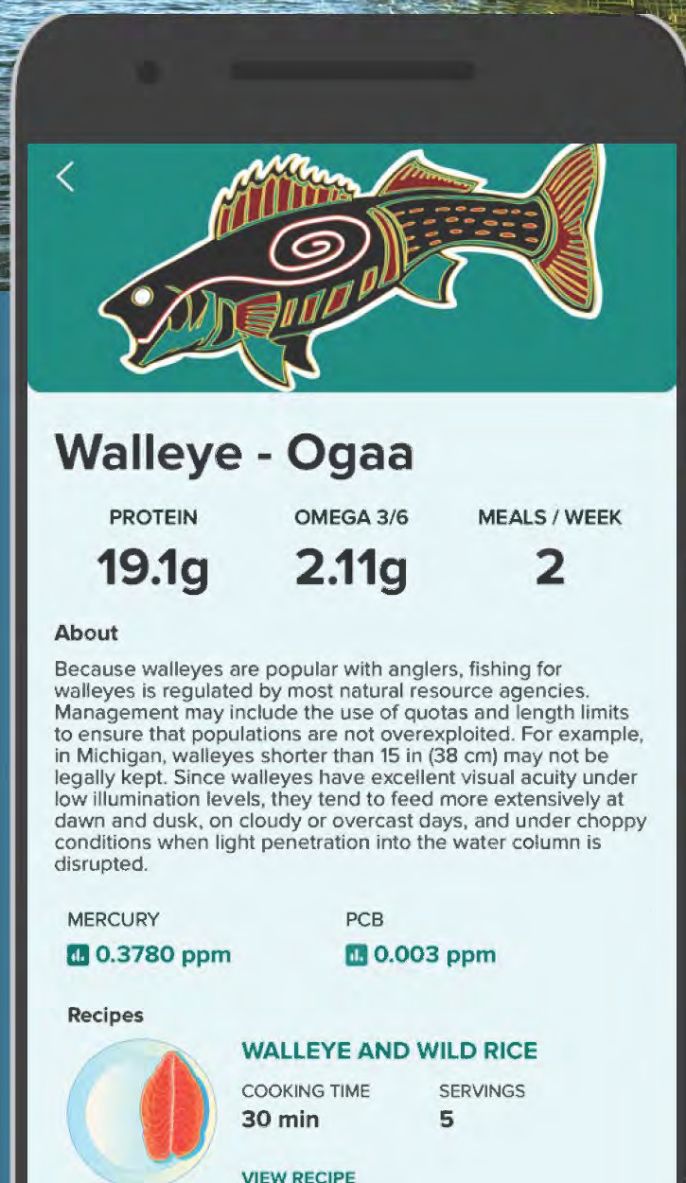


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for healthy fish consumption



Walleye - Ogaa

PROTEIN	OMEGA 3/6	MEALS / WEEK
19.1g	2.11g	2

About

Because walleyes are popular with anglers, fishing for walleyes is regulated by most natural resource agencies. Management may include the use of quotas and length limits to ensure that populations are not overexploited. For example, in Michigan, walleyes shorter than 15 in (38 cm) may not be legally kept. Since walleyes have excellent visual acuity under low illumination levels, they tend to feed more extensively at dawn and dusk, on cloudy or overcast days, and under choppy conditions when light penetration into the water column is disrupted.

MERCURY	PCB
0.3780 ppm	0.003 ppm

Recipes

WALLEYE AND WILD RICE

COOKING TIME	SERVINGS
30 min	5

[VIEW RECIPE](#)

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consumption advice
tailored to your needs



THE APP

- ✓ Guidance for fish from CORA treaty waterways
- ✓ Simple Recipes
- ✓ Developed with input from Anishinaabe people



Scan to get the app
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