



TIMISKAMING FIRST NATION

Caught vs Bought: What's the difference?

CAUGHT MOOSE, DEER AND GEESSE

Along with the benefits of getting out on the land and being active, meals that include wild meats have been shown to be more nutritious than meals with only store-bought foods.

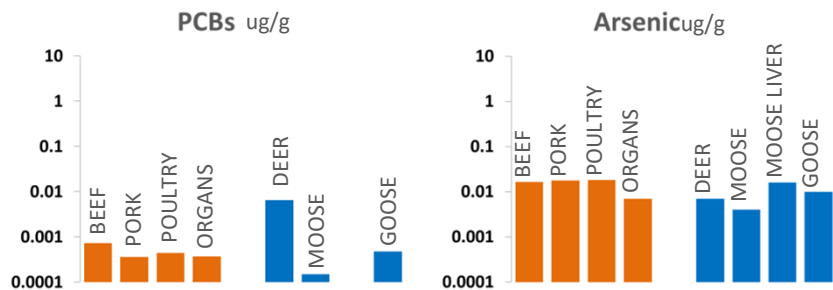


BOUGHT BEEF, PORK AND CHICKEN

Store-bought meats are convenient, but a diet high in beef has been linked to an increased risk of getting cancer.

PCB levels are low, and arsenic levels are about the same in all meats.

Children would have to eat more than 40 lbs of meat, and adults would have to eat more than 100 lbs of meat every month to exceed safe levels of PCBs or arsenic.

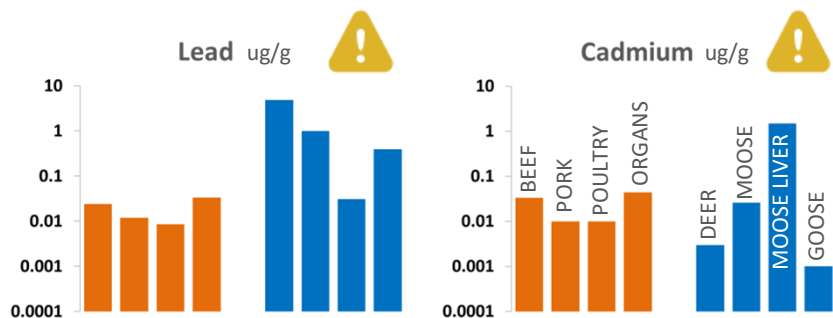


Hunters should use steel shot to reduce lead levels in caught meat.

At current levels, children and adults can safely eat:

- 1 lb of deer meat per month or
- 5 lb of moose meat per month or
- 12 lb of goose meat per month

Smokers should not eat moose liver. Non-smokers can safely eat ½ lb per month.



Data from: First Nations Food, Nutrition and the Environment Study, Ontario Results 2011-2012; Canadian Food Inspection Agency National Chemical Residue Monitoring Program 2010-2012 Report; and Health Canada's Total Diet Study Results for Toronto 1996 (organ meats only).
Deer meat photo provided by D. Fankhauser: http://biology.clc.uc.edu/fankhauser/Cheese/Deer_butchering/Deer_butchering.html

This material was developed by the Health Centre and Ni Dakinan, in collaboration with researchers at the University of Victoria Spatial Sciences Research Lab, and CAREX Canada, a university-based program about cancer and the environment.

