

# **MERCURY IN SASKATCHEWAN FISH: GUIDELINES FOR CONSUMPTION UPDATED TO 2015**



## **Introduction**

This guide provides information regarding mercury levels in fish from Saskatchewan waterbodies (lakes, rivers and reservoirs). It is intended to help anglers and consumers make choices that allow them to enjoy the benefits of eating Saskatchewan fish, while minimizing the risks from mercury.

The guide has been revised to report consumption guidelines in a clearer, simpler format which is similar to many other provinces and states. It includes information on fish from over 400 waterbodies which have been examined from 1969 to 2015. Most results are for commonly caught species such as northern pike, walleye and yellow perch. There are fewer results for lake trout, sauger, goldeye and whitefish. The mercury content of fish varies for different sizes, species and waterbodies.

Advice concerning fish consumption in Saskatchewan is based on the species and size of the fish, and on how often the fish is eaten. Larger, older fish generally contain more mercury than small fish of the same species in the same waterbody. Fish that feed on other fish also tend to contain more mercury. Since humans eliminate mercury from their bodies slowly over time, it is also important to consider whether the fish is part of an individual's diet over a period of years. These guidelines are meant for those consuming fish for extended periods of time. If you only eat fish for a few weeks in summer, like during a fishing trip, even if it is every day, it is not a concern, as it takes several months to build up significant amounts of mercury.

Note that this report may show recommendations for some species or sizes of fish that are not legal to possess from some waterbodies or at certain times. Please check the latest *Saskatchewan Anglers' Guide* or *The Saskatchewan Fisheries Regulations* for details on allowable numbers and sizes of fish.

## **Sources of Mercury**

Mercury is widespread in the environment and can be found in soils, water, air, plants and animals. It can move through the atmosphere from one region to another and it tends to accumulate in predators near the top of a food chain.

Since mercury occurs naturally in the environment, low levels can be found in most soils and rocks. In northern Saskatchewan, natural deposits associated with lead, zinc, copper, silver and gold are the likely cause of higher levels of mercury in fish in some lakes.

Many human activities have also released mercury into the environment. Historically, this included the pulp and paper industry, paints and batteries, and seeding for agriculture in southern Saskatchewan. Most of this mercury was significantly reduced in Canada after warnings about its effects on birds, fish and people.

Globally, mercury is still being released by several processes, particularly fossil fuel use, metal smelting, waste water release and waste-incineration. Flooding to create reservoirs in northern forests or southern grasslands also releases mercury from vegetation and soil into the water and then into fish.

### **Uptake of Mercury by Fish**

Inorganic mercury in waterbodies is initially converted by bacteria into organic methylmercury that is easily absorbed by fish and other organisms. Fish can absorb mercury directly from water, but most is taken in when they feed on other organisms. If fish consume mercury faster than they eliminate it, then it accumulates in their muscle tissues and organs (such as liver and kidneys). Mercury does not tend to concentrate in fatty tissues more than other tissues.

The longer that fish are exposed to mercury in the environment and the more mercury they consume in their food, the higher the levels of mercury in their flesh. Smaller, younger fish generally contain lower mercury levels than larger fish of the same species in the same waterbody.

Mercury levels are generally lower in species such as whitefish and suckers which feed on aquatic insects, clams and other organisms near the bottom of the food chain. Levels are usually higher in predatory species such as northern pike, walleye and lake trout because they are more likely to eat smaller fish and mercury becomes more concentrated with each step up the food chain.

Fish can contain mercury at levels over 100,000 times higher than the surrounding water. Mercury levels in **fish** are usually reported as '**ppm**' (1 part in a million, mg/kg) while mercury in **water** is usually '**ppb**' (1 part in a billion, ug/L).

### **Fish Monitoring**

Fish have been monitored for mercury in Saskatchewan since 1969. A provincial Contaminants-in-Fish Committee arranged monitoring on recreational waters, while federal departments monitored fish caught for commercial sale.

Fish of different sizes were collected and analyzed to find the relationship of mercury level to fish length. The Saskatchewan Ministry of Environment collected fish from a variety of waterbodies and analyzed at the Saskatchewan Disease Control Lab of the Saskatchewan Ministry of Health. Fish from commercially fished waters were collected by Fisheries and Oceans and analyzed through Environment Canada and the Canadian Food Inspection Agency.

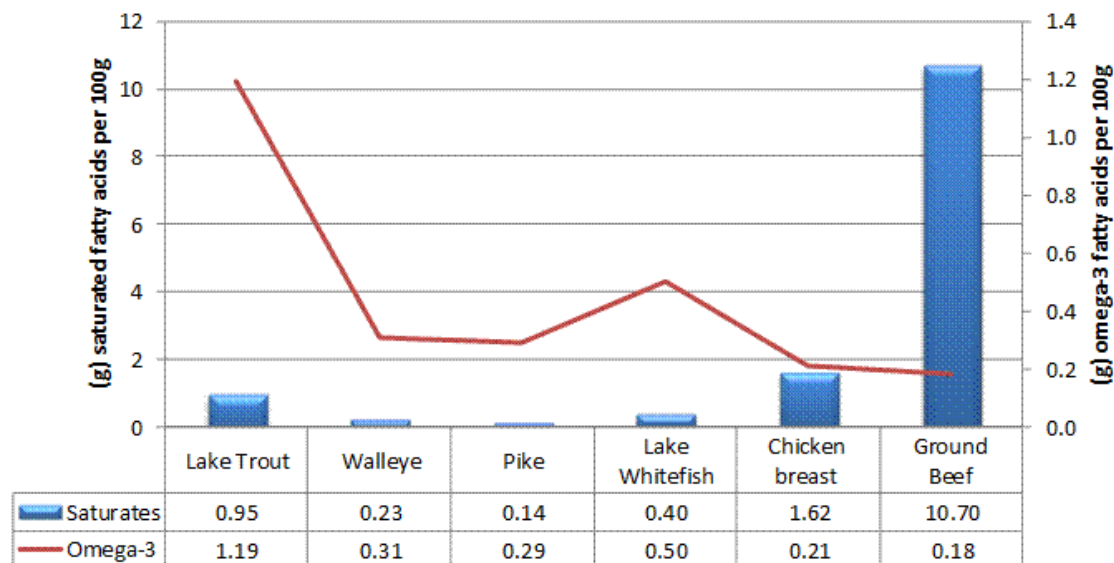
The focus of sampling in southern Saskatchewan has been on popular angling areas and on waters near known or suspected sources of mercury. In northern Saskatchewan, the monitoring program has included both commercial and sport fishing waters. When mercury levels in predatory species were acceptable, tests on other species in the same waterbody were not needed because their levels would be acceptable.

## Benefits of Eating Fish

Saskatchewan lakes are generally clean and the fish in them are safe to eat. The benefits of eating fish far outweigh any risks from consuming fish that contain low levels of contaminants (such as mercury). Canada's Food Guide recommends eating at least two servings of fish per week.

Fish are an excellent source of high-quality protein and valuable vitamins and minerals, including vitamin D, which helps the body use calcium to build strong bones and teeth. As shown in the chart below, fish are also low in saturated fat and cholesterol. They are also a very good source of omega-3 fats which help reduce the risk of cardiovascular disease and promote healthy brain development in infants.

### Saskatchewan fish are a very good source of healthy fats (omega-3) and are low in saturated fats



Source: NorthSask Population Health Unit 2014

## Fish Serving Size

The Canada Food Guide suggests that a meat or fish serving size be about the size of the palm of your hand (about 1/2 cup, 75 grams or two (2.5) ounces) and the thickness of your little finger. That recommendation is in the general context of a balanced, healthy diet.

This guide is intended to help anglers and consumers determine the maximum number of servings that are safe to eat in a month. For many people who consume sport fish, often the serving size for an adult is about 220 grams or 8 ounces, which is larger than a Food Guide serving size, about the size of an adult male's hand, including the palm and fingers. Therefore, for better accuracy, the information provided in this guide is based on a Sport Fishing Serving Size of 220 grams or 8 ounces. The serving size should be based on the size of the person. For smaller adults and children, the serving size is roughly equivalent to the size of that person's hand. So for this guideline document, it can be used for children and small adults by adjusting the serving size to be approximately the size of their hand.

One Sport Fishing serving is considered part of one meal. If you eat smaller serving sizes than those described, you can increase the frequency of eating fish accordingly.

### **General and Sensitive Populations**

For the purposes of this guide, as well, it is important to distinguish between general and sensitive populations.

Sensitive populations are defined as women who are or could become pregnant, women who are breastfeeding, and children under the age of 12. Growing fetuses, babies and young children are most sensitive to the effects of mercury.

All others belong to the general population.

### **Consumption of various types of commercially purchased fish: A guide for sensitive populations**

Fish are a healthy part of a diet for pregnant and breastfeeding women and for children. Health Canada advises people in sensitive populations to eat fish that are lower in mercury. This includes whitefish, salmon, canned light tuna, rainbow trout, basa, tilapia, sardines, scallops, shrimp and prawns. Visit [Health Canada](#) for specific information for commercial fish. Fish sold commercially (both seafood and sport fish) will generally have mercury levels below 0.5 ppm. An exception to this is swordfish, shark, tuna steak, escolar, marlin and orange roughy which contain a maximum of 1.0 ppm total mercury. Generally, it is recommended that sensitive populations should not eat more than two Food Guide servings per month of swordfish, shark or tuna steak.

For sport fish such as lake trout, pike and walleye purchased commercially in a store or restaurant, it is best to eat no more than four Sport Fishing servings a month. You can safely eat more servings if the size of the serving is smaller.

Many of the fish commonly available for purchase are lower in mercury with no specific advisories from Health Canada for eating such as haddock, cod, pollock, salmon, rainbow trout, whitefish, basa, tilapia, sardines, scallops, shrimp, prawns and canned light tuna. For white tuna (which is canned and also called Albacore tuna), Health Canada recommends up to 16 servings per month (or ½ cup per serving).

### Guidelines for Maximum Consumption for Sensitive Populations

Type of fish	Guideline for maximum consumption
Swordfish, shark, marlin, orange roughy, escolar, fresh or frozen tuna	No more than two Food Guide Servings per month
Commercially purchased sport fish such as lake trout, pike, walleye	Up to four Sport Fishing Servings per month
Sport fish caught in Saskatchewan	Use the number of servings based on which lake, what type of fish and what length of fish as indicated in the tables of this guide.
Albacore (white canned) tuna	Up to 16 Food Guide Servings per month
Commercially sold whitefish, haddock, cod, pollock, salmon, canned light tuna, rainbow trout, basa, tilapia, sardines, scallops, shrimp, prawns	Generally lower in mercury, with no advisories to limit consumption.

### Consumption of fish caught in Saskatchewan: A guide for general and sensitive populations

This guide provides consumption advice for sport fish based on the level of contaminants found according to their location, species and size. The waterbody names listed are those found in the Gazetteer of Canada (Saskatchewan), with local names found in parentheses. Latitude and longitude are also provided for each waterbody so users can determine the general area of the waterbody, or confirm the appropriate waterbody, should there be more than one lake with the same name.

## How to use this guide

To determine how much fish you can consume in a month, follow these steps:

### Step 1:

Identify whether you are in the general or sensitive population.

### Step 2:

Keep in mind that your serving size for sport fish in this guide is roughly the size and thickness of your hand, including the palm and fingers.

### Step 3:

Search the table for the waterbody that the fish was harvested from. These are listed in alphabetical order. Only waterbodies that have been tested are listed; not all waterbodies in the province will be on the list.

### Step 4:

Identify the type of fish that is to be consumed. If you are unsure, refer to the Anglers' Guide for illustrations.

### Step 5:

Measure the total length of the fish from the tip of the nose to the tip of the tail with the tail pinched. Find the corresponding length range at the top of the table.

### Step 6:

Check the Guideline for Consumption Table for that length and type of fish for your population. The upper row with **no shading** refers to the **general** population while the lower, **shaded** row is for the **sensitive** population. The corresponding number that appears in the table represents the maximum number of meals per month that are safe to eat for a fish that size from that location.

For example, if you are in the **general population**, you would note the following advisories:

Lac La Ronge – Lake Trout – 65 cm: 16 meals per month

Nemeiben Lake – Pike – 80 cm: 8 meals per month

Rafferty Reservoir – Perch – 35 cm: 2 meals per month

South Saskatchewan River (upriver from Diefenbaker Lake) – Walleye – 55 cm: 4 meals per month

However, if you are in the **sensitive population**, you would note the following advisories for the same fish:

Lac La Ronge – Lake Trout – 65 cm: 8 meals per month

Nemeiben Lake – Pike – 80 cm: 4 meals per month

Rafferty Reservoir – Perch – 35 cm: do not consume this size of fish

South Saskatchewan River (upriver from Diefenbaker Lake) – Walleye – 55 cm: 2 meals per month

**Step 7:**

To ensure you are minimizing the risks from mercury, you need to keep track of your total monthly intake of fish. In the example above, if the only Saskatchewan-caught fish you ate in a particular month was Lake Trout from Lac La Ronge, it would be safe to have 16 meals of 65 cm fish if you are in the general population. However, if you eat a variety of fish, in a variety of sizes from different waterbodies, you should keep track of your consumption by category as indicated in the following table.

Category of servings per month	One meal as fraction of monthly intake total	One meal as percentage of monthly intake total
16	1/16	6.25%
8	1/8	12.5%
4	1/4	25%
2	1/2	50%

By tracking your current intake as a percentage of your monthly allowance, you will be able to determine when your total monthly consumption has been reached. For example, if you consumed two meals of fish from the four meals per month category, you will have consumed 50 per cent of your monthly advised consumption (2 x 25%). If, in the same month, you also consume one meal from the two meals per month category, you will have reached your monthly maximum advised consumption (50% + 50% = 100%).

Please note, that if you are in the sensitive population, you should also include commercially purchased sport fish from a store or restaurant, as well as other commercially purchased fish, in the calculation of your maximum monthly allowance (See: Table for Consumption Recommendations).

For example, if you are in the sensitive population, you would reach your maximum monthly allowance (100%) if you ate:

Two meals of 65 cm Lake Trout from Lac La Ronge (Category 8):  $2 \times 12.5\% = 25\%$

One meals of 80 cm Pike from Nemeiben Lake (Category 4):  $1 \times 25\% = 25\%$

One meal of commercially purchased Walleye (Category 4):  $1 \times 25\% = 25\%$

Four meals of canned Salmon (Category 16):  $4 \times 6.25\% = 25\%$

Total:  $25\% + 25\% + 25\% + 25\% = 100\%$

*Note: If the species or size of fish that you are consuming does not have guideline in the table, it is because that species or size range was not tested. Guidelines are only listed up to the maximum size of fish that were submitted for testing. For fish larger than the guideline table range, accurate consumption advice cannot be given, but mercury levels are likely to be higher than the largest tested range. Note that harvest restrictions are in place on many lakes, and some fish sizes listed in this guide may not be legal for harvest.*

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Acheninni Lake 5430/10300 Central Management Zone									
Pike	General	16						8	4
	Sensitive	8						4	2
Walleye	General	16				8			
	Sensitive	8				4			
Admiral Reservoir 4941/10803 Southern Management Zone									
Perch	General	8							
	Sensitive	4							
Walleye	General	16							
	Sensitive	8							
Agar Lake 5718/10922 Northern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8				
	Sensitive	8			4				
Airriess Lake 5538/10618 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				
Airway Lake 5603/10659 Central Management Zone									
Pike	General	8							
	Sensitive	4							
Walleye	General	16			8				
	Sensitive	8			4				
Alameda Reservoir 4917/10213 Southern Management Zone									
Pike	General	8			4		2		
	Sensitive	4			2		0		
Walleye	General	8	4		2	0			
	Sensitive	4	2		0				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12



Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Amisk Lake 5435/10215 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16			8		4	2	
	Sensitive	8			4		2	0	
Anglin Lake 5344/10556 Central Management Zone									
Pike	General	16			8				4
	Sensitive	8			4				2
Walleye	General	16	8		4		2		
	Sensitive	8	4		2		0		
Arm River Reservoir 5104/10549 Southern Management Zone									
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Arn Lake 5505/10331 Central Management Zone									
Pike	General	8		4					
	Sensitive	4		2					
Walleye	General	4		2					
	Sensitive	2		0					
Arsenault Lake 5506/10832 Central Management Zone									
Walleye	General	16			8				
	Sensitive	8			4				
Assiniboia Reservoir 4938/10559 Southern Management Zone									
Perch	General	16	8						
	Sensitive	8	4						
Walleye	General	16			8				
	Sensitive	8			4				
Athabasca Lake 5915/10915 Northern Management Zone									
Lake Trout	General	16				8		4	
	Sensitive	8				4		2	
Pike	General	16							
	Sensitive	8							

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16							
	Sensitive	8							
Atton's Lake 5251/10852 Southern Management Zone									
Pike	General	16		8			4		
	Sensitive	8		4			2		
Avonlea Reservoir 5001/10504 Southern Management Zone									
Walleye	General	16		8		4	2	0	
	Sensitive	8		4		2	0		
Bagwa Lake 5404/10632 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8				
	Sensitive	8			4				
Baldy Lake 5406/10438 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Ballantyne Bay 5440/10333 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8				
	Sensitive	8			4				
Bar Lake 5527/10626 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				
Barker Lake 5540/10448 Central Management Zone									
Pike	General	16				8			
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				
Pike	General	16				8			
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Barrier Lake 5232/10347 Southern Management Zone									
Walleye	General	16	8			4			
	Sensitive	8	4			2			
Barrowman Lake 5537/10520 Central Management Zone									
Pike	General	16				8	4		
	Sensitive	8				4	2		
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Bartlett Lake 5530/10459 Central Management Zone									
Lake Trout	General	16		8		4			
	Sensitive	8		4		2			
Pike	General	16	8			4		2	
	Sensitive	8	4			2		0	
Beaverlodge Lake 5931/10835 Northern Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Beaver River 5526/10745 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Belcher Lake 5516/10233 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Berven Lake 5547/10433 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Besnard Lake 5525/10600 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16				8			
	Sensitive	8				4			
Big Agar Lake 5717/10922 Northern Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Big Fishing Lake 5150/10332 Southern Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	16	8		4				
	Sensitive	8	4		2				
Big Flatstone Lake 5615/10743 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16							
	Sensitive	8							
Big Jumbo Lake 5402/10913 Southern Management Zone									
Pike	General	16			8		4		2
	Sensitive	8			4		2		0
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Big Peter Pond 5600/10900 Central Management Zone									
Pike	General	16						4	
	Sensitive	8						8	

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16				8			
	Sensitive	8				4			
Big Sandy Lake 5427/10406 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Whitefish	General	16			8				
	Sensitive	8			4				
Big Shell Lake 5313/10710 Southern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Walleye	General	16		8	4	2			
	Sensitive	8		4	2	0			
Bigstone Lake (East) 5438/10305 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Black Bear Island Lake 5538/10540 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Black Birch Lake 5654/10745 Central Management Zone									
Lake Trout	General	16			4		0		
	Sensitive	8			2		0		
Pike	General	16							
	Sensitive	8							
Blacker Lake 4939/10925 Southern Management Zone									
Perch	General	16	8						
	Sensitive	8	4						
Blackstone Lake 5624/10710 Central Management Zone									

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16							
	Sensitive	8							
Blackstrap Reservoir 5147/10627 Southern Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Perch	General	16							
	Sensitive	8							
Whitefish	General	16							
	Sensitive	8							
Bleasdell Lake 5635/10220 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Walleye	General	16	8		2				
	Sensitive	8	4		0				
Blue Heron Lake 5330/10631 Central Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16				8			
	Sensitive	8				4			
Boire Lake 5427/10809 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Boundary Reservoir 4903/10302 Southern Management Zone									
Pike	General	4							
	Sensitive	2							
Walleye	General	16	8		4				
	Sensitive	8	4		2				

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Largemouth Bass	General	16		8					
	Sensitive	8		4					
Brabant Lake 5600/10343 Central Management Zone									
Pike	General	8							
	Sensitive	4							
Bradwell Reservoir 5156/10611 Southern Management Zone									
Walleye	General	16	8						
	Sensitive	8	4						
Perch	General	16							
	Sensitive	8							
Branch Lake 5405/10933 Southern Management Zone									
Pike	General	16		8		4		2	
	Sensitive	8		4		2		0	
Brazier Lake 5723/10929 Northern Management Zone									
Walleye	General	16			4				
	Sensitive	8			2				
Brenton Lake 5704/10731 Northern Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	16			4	0			
	Sensitive	8			2	0			
Brightsand Lake 5336/10853 Southern Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
Brightwater Reservoir 5136/10632 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16	8			4			
	Sensitive	8	4			2			
Broach Lake 5743/10922 Northern Management Zone									
Lake Trout	General	16							

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Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
	Sensitive	8								
Pike	General	16								
	Sensitive	8								
Broderick reservoir 5128/10656 Southern Management Zone										
Pike	General	8								
	Sensitive	4								
Brustad Lake 5724/10733 Northern Management Zone										
Lake Trout	General	16								
	Sensitive	8								
Pike	General	16								
	Sensitive	8								
Buffalo Pound Lake 5039/10530 Southern Management Zone										
Pike	General	16							8	
	Sensitive	8							4	
Walleye	General	16				8				
	Sensitive	8				4				
Perch	General	16								
	Sensitive	8								
Buhl Lake 5426/10633 Central Management Zone										
Pike	General	16						8		
	Sensitive	8						4		
Bulbick Lake 5519/10452 Central Management Zone										
Pike	General	16				8				
	Sensitive	8				4				
Burton Lake 5216/10507 Southern Management Zone										
Pike	General	16				8				4
	Sensitive	8				4				2
Walleye	General	16		8						
	Sensitive	8		4						
Campbell Lake 5546/10530 Central Management Zone										
Lake Trout	General	16		8		4		2		

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pike	Sensitive	8	4	2	0				
	General	16	8	4	2				
	Sensitive	8	4	2	0				
Walleye	General	16	8	4					
	Sensitive	8	4	2					
Candle Lake 5350/10518 Central Management Zone									
Pike	General	16	8						
	Sensitive	8	4						
Walleye	General	16	8						
	Sensitive	8	4						
Canoe Lake 5510/10815 Central Management Zone									
Pike	General	16	8						
	Sensitive	8	4						
Walleye	General	16	8						
	Sensitive	8	4						
Careen Lake 5700/10811 Northern Management Zone									
Lake Trout	General	16	8						
	Sensitive	8	4						
Pike	General	16	8						
	Sensitive	8	4						
Walleye	General	16	8						
	Sensitive	8	4						
Chachukew Lake 5515/10258 Central Management Zone									
Pike	General	16	8						
	Sensitive	8	4						
Walleye	General	16	8						
	Sensitive	8	4						
Charcoal Lake 5849/10222 Northern Management Zone									
Pike	General	16	8						
	Sensitive	8	4						
Walleye	General	16	8						
	Sensitive	8	4						

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8		4		2			
Cheadle Lake 5644/10254 Northern Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16			8	4	2		
	Sensitive	8			4	2	0		
Walleye	General	16	8	4	0				
	Sensitive	8	4	2	0				
Chicken Lake 5533/10203 Central Management Zone									
Pike	General	8							
	Sensitive	4							
Walleye	General	16	8	2					
	Sensitive	8	4	0					
Chitek Lake 5345/10747 Southern Management Zone									
Pike	General	16			8			4	2
	Sensitive	8			4			2	0
Walleye	General	16	8	4	2				
	Sensitive	8	4	2	0				
Christopher Lake 5334/10450 Central Management Zone									
Pike	General	16			8	4			
	Sensitive	8			4	2			
Walleye	General	16	8	4					
	Sensitive	8	4	2					
Churchill Lake 5555/10820 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Churchill River 5552/10200 Central Management Zone									
Pike	General	16							
	Sensitive	8							

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
Clam Lake 5519/10543 Central Management Zone										
Pike	General	16								
	Sensitive	8								
Walleye	General	16								
	Sensitive	8								
Clarence Lake 5414/10500 Central Management Zone										
Pike	General	16			8		4			
	Sensitive	8			4		2			
Clarke (Dog) Lake 5424/10654 Central Management Zone										
Pike	General	16								
	Sensitive	8								
Clearwater Lake 5052/10756 Southern Management Zone										
Pike	General	16			8		4			
	Sensitive	8			4		2			
Perch	General	8	4							
	Sensitive	4	2							
Codette Reservoir 5316/10417 Southern Management Zone										
Pike	General	16			8					
	Sensitive	8			4					
Walleye	General	16	8		4		2	0		
	Sensitive	8	4		2		0			
Sauger	General	16	8		4	2				
	Sensitive	8	4		2	0				
Goldeye	General	16	8	4	0					
	Sensitive	8	4	2	0					
Perch	General	16	8							
	Sensitive	8	4							
Cold Lake 5433/11000 Central Management Zone										
Lake Trout	General	16				8				
	Sensitive	8				4				
Walleye	General	16		8						

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8		4					
Colt Lake 5544/10247 Central Management Zone									
Pike	General	4							
	Sensitive	2							
Walleye	General	8		4					
	Sensitive	4		2					
Colwell Lake 5505/10441 Central Management Zone									
Pike	General	16			8	4	2		
	Sensitive	8			4	2	0		
Walleye	General	16	8	4					
	Sensitive	8	4	2					
Cookson Reservoir 4903/10527 Southern Management Zone									
Walleye	General	16	8	4					
	Sensitive	8	4	2					
Corneille Lake 5458/10240 Central Management Zone									
Pike	General	8							
	Sensitive	4							
Walleye	General	16	8						
	Sensitive	8	4						
Costigan Lake 5657/10554 Northern Management Lake									
Lake Trout	General	16	8	4					
	Sensitive	8	4	2					
Pike	General	16							
	Sensitive	8							
Cotter Lake 5531/10618 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16	8	4					
	Sensitive	8	4	2					
Cowan Lake 5400/10715 Southern Management Zone									
Pike	General	16	8	4					

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8				4		2	
Perch	General	16							
	Sensitive	8							
Cowie Lake 5640/10257 Northern Management Zone									
Lake Trout	General	16	8			4			
	Sensitive	8	4			2			
Crean Lake 5405/10649 Prince Albert National Park									
Pike	General	16				8			4
	Sensitive	8				4			2
Walleye	General	16			8		4		
	Sensitive	8			4		2		
Cree Lake 5730/10630 Northern Management Zone									
Lake Trout	General	16					8	4	
	Sensitive	8					4	2	
Pike	General	16							8
	Sensitive	8							4
Walleye	General	16			8	2			
	Sensitive	8			4	0			
Crooked Lake 5036/10244 Southern Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
Walleye	General	16		8	4	2			
	Sensitive	8		4	2	0			
Perch	General	16							
	Sensitive	8							
Cuelenaere Lake 5637/10354 Northern Management Zone									
Lake Trout	General	16			8	4			
	Sensitive	8			4	2			
Cumberland Lake 5403/10218 Central Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Goldeye	General	16	8						
	Sensitive	8	4						
Cup Lake 5610/10648 Central Management Zone									
Lake Trout	General	16				8	4		
	Sensitive	8				4	2		
Walleye	General	16			8	2			
	Sensitive	8			4	0			
David Lake 5638/10333 Northern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Davis Lake 5552/10420 Central Management Zone									
Lake Trout	General	16	8				4		
	Sensitive	8	4				2		
Pike	General	16				8			
	Sensitive								
Delaronde Lake 5403/10703 Central Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16			8	4	0		
	Sensitive	8			4	2	0		
Dellwood Reservoir 5149/10520 Southern Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Deschamabult Lake 5447/10325 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8		8		
	Sensitive	8			4		2		

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Species	Population	Fish Length (cm)									
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm		
	Sensitive	8				4					
Descharme Lake 5705/10913 Nothern Management Zone											
Pike	General	16									
	Sensitive	8									
Walleye	General	16		8	4						
	Sensitive	8		4	2						
Devil Lake 5540/10445 Central Management Zone											
Pike	General	16				8					
	Sensitive	8				4					
Walleye	General	16		8	4						
	Sensitive	8		4	2						
Sauger	General	16	8		4						
	Sensitive	8	4		2						
Devils Lake 5643/10753 Northern Management Zone											
Walleye	General	16	8		4						
	Sensitive	8	4		2						
Diefenbaker Lake 5107/10638 Southern Management Zone											
Pike	General	16			8		4				
	Sensitive	8			4		2				
Walleye	General	16	8		4		2				
	Sensitive	8	4		2		0				
Sauger	General	8			4						
	Sensitive	4			2						
Goldeye	General	16	8								
	Sensitive	8	4								
Dipper Lake 5556/10720 Central Management Zone											
Pike	General	16			8						
	Sensitive	8			4						
Walleye	General	16			8						
	Sensitive	8			4						
Dore Lake 5446/10717 Central Management Zone											

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Dreger Lake 5545/10645 Central Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16				4			
	Sensitive	8				2			
Drinking Lake 5524/10412 Central Management Zone									
Pike	General	8							
	Sensitive	4							
Walleye	General	8							
	Sensitive	4							
Duncairn Reservoir 5001/10809 Southern Management Zone									
See Reid Lake									
Duns Lake 5715/10926 Northern Management Zone									
Pike	General	16							8
	Sensitive	8							4
Durocher Lake 5456/10751 Central Management Zone									
Pike	General	16							
	Sensitive	8							
East Trout Lake 5422/10505 Central Management Zone									
Lake Trout	General	16				8			
	Sensitive	8				4			
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16			8		4		
	Sensitive	8			4		2		
Eastend Reservoir 4931/10852 Southern Management Zone									
Pike	General	16				8	4		

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	Sensitive	8				4	2		
	General	16			8	4	2		
	Sensitive	8			4	2	0		
Echo Lake 5141/10319 Southern Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16		8	4		0		
	Sensitive	8		4	2		0		
Egg Lake 5505/10530 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16				8			
	Sensitive	8				4			
Elaine Lake 5427/10622 Central Management Zone									
Pike	General	16						4	
	Sensitive	8						2	
Walleye	General	16							
	Sensitive	8							
Emerald Lake 5311/10658 Southern Management Zone									
Pike	General	16			8		4	2	0
	Sensitive	8			4		2	0	
Walleye	General	16	8		4	2	0		
	Sensitive	8	4		2	0			
Emma Lake 5336/10554 Central Management Zone									
Pike	General	16	8						
	Sensitive	8	4						
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Emmeline Lake 5500/10622 Central Management Zone									
Pike	General	8							
	Sensitive	4							

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16			8	2			
	Sensitive	8			4	0			
Fafard Lake 5613/10306									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Fife Lake 4914/10553 Southern Management Zone									
Walleye	General	16		8					
	Sensitive	8		4					
Firebag Lake 5725/10950 Northern Management Zone									
Pike	General	16							
	Sensitive	8							
Flatstone Lake 5615/10743 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16				8			
	Sensitive	8				4			
Flotten Lake 5437/10832 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16					8		
	Sensitive	8					4		
Forbes Lake 5551/10444 Central Management Zone									
Lake Trout	General	16			8	4			
	Sensitive	8			4	2			
Walleye	General	16		8	4	2			
	Sensitive	8		4	2	0			
Forcier Lake 5605/10734 Central Management Zone									
Pike	General	16					8		
	Sensitive	8					4		

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Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16							
	Sensitive	8							
Ford Lake 5719/10553 Northern Management Zone									
Lake Trout	General	16			8				
	Sensitive	8			4				
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16		8	4	2			
	Sensitive	8		4	2	0			
Fredette Lake 5937/10832 Northern Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
French Lake 5538/10437 Central Management Zone									
Pike	General	16			8	4	2		
	Sensitive	8			4	2	0		
Walleye	General	8							
	Sensitive	4							
Frobisher Lake 5620/10815 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Fur Lake 5317/10654 Southern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Walleye	General	16		8	4		0		
	Sensitive	8		4	2		0		
Garth Lake 5645/10209 Northern Management Zone									
Pike	General	16			8	4	2		
	Sensitive	8			4	2	0		

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	8	4	2	0				
	Sensitive	4	2	0					
Gavel Lake 5543/10651 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Gedak Lake 5743/10925 Northern Management Zone									
Pike	General	16							
	Sensitive	8							
Good Spirit Lake 5134/10240 Southern Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	16	8	4					
	Sensitive	8	4	2					
Gordon (Headquarters) Lake 5239/10948 Southern Management Zone									
Walleye	General	16							
	Sensitive	8							
Gordon Lake 5550/10628 Central Management Zone									
Lake Trout	General	16							
	Sensitive	8							
Pike	General	16						8	
	Sensitive	8						4	
Gouverneur Reservoir 4945/10739 Southern Management Zone									
Walleye	General	8							
	Sensitive	4							
Perch	General	8	4						
	Sensitive	4	2						
Granite Lake 5453/10232 Central Management Zone									
Pike	General	16	8	4				2	
	Sensitive	8	4	2				0	

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16	8			4	2		
	Sensitive	8	4			2	0		
Green Lake 5410/10743 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16							
	Sensitive	8							
Greenbush Lake 5712/10318 Northern Management Zone									
Pike	General	8				4			
	Sensitive	4				2			
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Greenwater Lake 5231/10330 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16				8	4		
	Sensitive	8				4	2		
Greig Lake 5427/10843 Central Management Zone									
Pike	General	16			8		4		2
	Sensitive	8			4		2		0
Walleye	General	16	8		4		2	0	
	Sensitive	8	4		2		0		
Grenfell Reservoir 5024/10256 Southern Management Zone									
Walleye	General	16							
	Sensitive	8							
Gromnicki Lake 5531/10605 Central Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
Walleye	General	16	8		4				
	Sensitive	8	4		2				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
Guyader Lake 5438/10254 Central Management Zone										
Pike	General	16				8			4	
	Sensitive	8				4			2	
Walleye	General	16		8	4	2				
	Sensitive	8		4	2	0				
Gwillim Lake 5657/10715 Northern Management Zone										
Lake Trout	General	8				4				
	Sensitive	4				2				
Pike	General	16			8	4				
	Sensitive	8			4	2				
Walleye	General	2								
	Sensitive	0								
Hackett Lake 5405/10657 Central Management Zone										
Pike	General	16				8				
	Sensitive	8				4				
Hailstone Lake 5548/10433 Central Management Zone										
Pike	General	16					8			
	Sensitive	8					4			
Halkett Lake 5339/10606 Central Management Zone										
Pike	General	16			8	4	2			
	Sensitive	8			4	2	0			
Hanging Heart Lake 5400/10614 Prince Albert National Park										
Pike	General	16			8	4	2			
	Sensitive	8			4	2	0			
Hanson Lake 5442/10250 Central Management Zone										
Pike	General	16				8				
	Sensitive	8				4				
Walleye	General	16			8	4	2	0		
	Sensitive	8			4	2	0			
Hardy Lake 5442/10624 Central Management Zone										
Pike	General	16				8			4	

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8				4			2
Walleye	General	16			4	0			
	Sensitive	8			2	0			
Harriot Lake 5612/10245 Northern Management Zone									
Pike	General	16		8			4		
	Sensitive	8		4			2		
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Harris Reservoir 4949/10930 Southern Management Zone									
Pike	General	16	8			4			
	Sensitive	8	4			2			
Harrison Lake 5749/10928 Northern Management Zone									
Lake Trout	General	16							
	Sensitive	8							
Heddery Lake 5641/10744 Central Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	8				4			
	Sensitive	4				2			
Helene Lake 5233/10812 Southern Management Zone									
Walleye	General	16				8			
	Sensitive	8				4			
Henday Lake 5819/10413 Northern Management Zone									
Lake Trout	General	16							8
	Sensitive	8							4
Hepburn Lake 5554/10458 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	8							
	Sensitive	4							
Walleye	General	16			8				

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Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
	Sensitive	8			4					
Herbert Lake 5026/10713 Southern Management Zone										
Pike	General	16		8		4				
	Sensitive	8		4		2				
Heritage Lake 5356/10509 Central Management Zone										
Pike	General	16				8				
	Sensitive	8				4				
Walleye	General	16			8					
	Sensitive	8			4					
Hickson Lake 5619/10422 Northern Management Zone										
Lake Trout	General	16			8					
	Sensitive	8			4					
Pike	General	16				8				
	Sensitive	8				4				
Highrock Lake 5705/10532 Northern Management Zone										
Lake Trout	General	16			8					
	Sensitive				4					
Pike	General	16				8				
	Sensitive	8				4				
Highway Lake 5545/10238 Central Management Zone										
Pike	General	8				4				
	Sensitive	4				2				
Walleye	General	16	8	4						
	Sensitive	8	4	2						
Hirtz Lake 5429/10949 Central Management Zone										
Walleye	General	8	4			2				
	Sensitive	4	2			0				
Hodge Lake 5748/10924 Northern Management Zone										
Lake Trout	General	16			8		2			
	Sensitive	8			4		0			

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Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Holgar Lake 5719/10607 Northern Management Zone									
Lake Trout	General	16							
	Sensitive	8							
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				
Hollowell Lake 5533/10545 Central Management Zone									
Lake Trout	General	16			8	4			
	Sensitive	8			4	2			
Holt Lake 5616/10650 Central Management Zone									
Lake Trout	General	16			8				
	Sensitive	8			4				
Pike	General	16				8		4	2
	Sensitive	8				4		2	0
Hood Lake 5538/10421 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16			8		4	2	
	Sensitive	8			4		2	0	
Walleye	General	16	8		4				
	Sensitive	8	4		2				
Humbolt Lake 5209/10506 Southern Management Zone									
Walleye	General	8							
	Sensitive	4							
Perch	General	16	8						
	Sensitive	8	4						
Hunt Lake 5524/10441 Central Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Iroquois Lake 5310/10701 Southern Management Zone									

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
Pike	General	16			8					
	Sensitive	8			4					
Walleye	General	8			4		2			
	Sensitive	4			2		0			
Whitefish	General	16								
	Sensitive	8								
Irvine Lake 5659/10241 Northern Management Zone										
Pike	General	16		8			4			
	Sensitive	8		4			2			
Walleye	General	4								
	Sensitive	2								
Iskwatam Lake 5534/10304 Central Management Zone										
Pike	General	16				8		4		
	Sensitive	8				4		2		
Walleye	General	16		8						
	Sensitive	8		4						
Iskwatikan Lake 5522/10424 Central Management Zone										
Lake Trout	General	16								
	Sensitive	8								
Pike	General	16								
	Sensitive	8								
Walleye	General	16			8					
	Sensitive	8			4					
Ispuchaw Lake 5400/10441 Central Management Zone										
Pike	General	8						4		
	Sensitive	4						2		
Walleye	General	8			4		2			
	Sensitive	4			2		0			
Ithingo Lake 5650/10732 Northern Management Zone										
Lake Trout	General	16				8				
	Sensitive	8				4				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pike	General	16							8
	Sensitive	8							4
Jackfish Lake 5304/10824 Southern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Whitefish	General	16							
	Sensitive	8							
Jan Lake 5456/10255 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Jarvis Lake 5427/10815 Central Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Jeanette Lake 5433/10832 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				
Jewet Lake 5608/10438 Central Management Zone									
Lake Trout	General	16			8				
	Sensitive	8			4				
Pike	General	16			8				
	Sensitive	8			4				
Jimmy (Pratt) Lake 5315/10652 Southern Management Zone									
Pike	General	8							
	Sensitive	4							
Walleye	General	8	4		2				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
	Sensitive	4		2		0				
Johnson River 5705/10345 Northern Management Zone										
Lake Trout	General	16					8			
	Sensitive	8					4			
Pike	General	4								
	Sensitive	2								
Walleye	General	16	8	4	2					
	Sensitive	8	4	2	0					
Johnston Lake 5428/10923										
Pike	General	16			8	4		2		
	Sensitive	8			4	2		0		
Walleye	General	8	4			2				
	Sensitive	4	2			0				
Josephson Lake 5635/10812 Central Management Zone										
Pike	General	16						8		
	Sensitive	8						4		
Walleye	General	16				8				
	Sensitive	8				4				
Junction Reservoir 4957/10930 Southern Management Zone										
Walleye	General	16	8	4						
	Sensitive	8	4	2						
Perch	General	16	8	4						
	Sensitive	8	4	2						
Jumping Lake 5251/10527 Southern Management Zone										
Walleye	General	4								
	Sensitive	2								
Kakakaway Lake 55642/10749 Central Management Zone										
Pike	General	16				8				
	Sensitive	8				4				
Walleye	General	16			8	4				
	Sensitive	8			4	2				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Kakinagimak Lake 5512/10217 Central Management Zone									
Pike	General	8							
	Sensitive	4							
Walleye	General	16							
	Sensitive	8							
Kamatsi Lake 5610/10215 Northern Management Zone									
Lake Trout	General	16			8	4			
	Sensitive	8			4	2			
Pike	General	16			8		4		2
	Sensitive	8			4		2		0
Walleye	General	8	4		2	0			
	Sensitive	4	2		0				
Kamuchawie Lake 5618/10200 Northern Management Zone									
Lake Trout	General	16			8	4	2		
	Sensitive	8			4	2	0		
Pike	General	16	8			4			2
	Sensitive	8	4			2			0
Walleye	General	8		4	2	0			
	Sensitive	4		2	0				
Katepwa Lake 5042/10339 Southern Management Zone									
Pike	General	16				8		4	2
	Sensitive	8				4		2	0
Walleye	General	8			4				
	Sensitive	4			2				
Keefe Lake 5738/10439 Northern Management Zone									
Lake Trout	General	16			8		2		
	Sensitive	8			4		0		
Walleye	General	16		8	4				
	Sensitive	8		4	2				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Keeley Lake 5454/10808 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16				8			
	Sensitive	8				4			
Keith Lake 5559/10512 Central Management Zone									
Lake Trout	General	4							
	Sensitive	2							
Pike	General	16	8				4		
	Sensitive	8	4				2		
Keller Lake 5604/10647 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16							
	Sensitive	8							
Walleye	General	16	8						
	Sensitive	8	4						
Kemp Lake 5540/10416 Central Management Zone									
Walleye	General	16	4	2					
	Sensitive	8	2	0					
Kennedy Lake 5615/10221 Northern Management Zone									
Lake Trout	General	16				8	4		
	Sensitive	8				4	2		
Pike	General	16	8				4		
	Sensitive	8	4				2		
Walleye	General	8	4			2			
	Sensitive	4	2			0			
Kenosee Lake 4949/10218 Southern Management Zone									
Pike	General	8						4	
	Sensitive	4						2	

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Kimball Lake 5425/10849 Central Management Zone									
Pike	General	16							8
	Sensitive	8							4
Walleye	General	16							
	Sensitive	8							
Kingsmere Lake 5406/10627 Prince Albert National Park									
Lake Trout	General	16				8			4
	Sensitive	8				4			2
Pike	General	8							
	Sensitive	4							
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Kipabiskau Lake 5234/10409 Southern Management Zone									
Pike	General	16				8			4
	Sensitive	8				4			2
Walleye	General	16		8		4	2		
	Sensitive	8		4		2	0		
Perch	General	16	8	4					
	Sensitive	8	4	2					
Kipahigan (Barrier) Lake 5523/10156 Central Management Zone									
Pike	General	16				8			4
	Sensitive	8				4			2
Walleye	General	16	8						
	Sensitive	8	4						
Kirby Lake 5627/10727 Central Management Zone									
Lake Trout	General	16			8				
	Sensitive	8			4				
Pike	General	16							
	Sensitive	8							
Klemmer Lake 5821/10245 Northern Management Zone									
Walleye	General	8							

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	4							
Knee Lake 5551/10700 Central Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16				8			
	Sensitive	8				4			
Kyaska Lake 5616/10228 Northern Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	8				4			
	Sensitive	4				2			
Lac des Iles 5426/10925 Central Management Zone									
Pike	General	16					8		4
	Sensitive	8					4		2
Walleye	General	16			8			4	
	Sensitive	8			4			2	
Lac Ile a la Crosse 5540/10745 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16							
	Sensitive	8							
Lac la Loche 5628/10930 Central Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Lac la Peche 5257/10704 Southern Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	16		8					
	Sensitive	8		4					

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12



Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Lac la Plonge 5508/10720 Central Management Zone									
Lake Trout	General	16				8		4	
	Sensitive	8				4		2	
Pike	General	16							
	Sensitive	8							
Lac la Ronge 5510/10500 Central Management Zone									
Lake Trout	General	16						8	
	Sensitive	8						4	
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Lake Lenore 5230/10459 Southern Management Zone									
Pike	General	8			4				
	Sensitive	4			2				
Walleye	General	16	8		4	2			
	Sensitive	8	4		2	0			
Lake of the Prairies 5116/10132 Southern Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16		8	4	2	0		
	Sensitive	8		4	2	0			
Lansdowne Lake 5733/10656 Northern Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16				8			
	Sensitive	8				4			
Larsen Lake 5804/10305 Northern Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
Walleye	General	16			2				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8			0				
Last Mountain Lake 5105/10514 Southern Management Zone									
Pike	General	16				8			4
	Sensitive	8				4			2
Walleye	General	16			8		4	2	
	Sensitive	8			4		2	0	
Perch	General	16							
	Sensitive	8							
Whitefish	General	16							
	Sensitive	8							
Levine Lake 5551/10725 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16	8		4				
	Sensitive	8	4		2				
Limestone Lake 5438/10313 Central Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16							
	Sensitive	8							
Listen Lake 5421/10642 Central Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Little Agar Lake 5718/10916 Northern Management Zone									
Walleye	General	16							
	Sensitive	8							
Little Amyot Lake 5511/10750 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16				8			
	Sensitive	8				4			

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Little Bear Lake 5420/10435 Central Management Zone									
Lake Trout	General	16				8			
	Sensitive	8				4			
Pike	General	16				8		4	
	Sensitive	8				4		2	
Little Devil's Lake 5645/10755 Northern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Little Fishing Lake 5152/10335 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Little Flatstone Lake 5606/10742 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Little Peter Pond Lake 5547/10833 Central Management Zone									
Pike	General	16						4	
	Sensitive	8						8	
Walleye	General	16				8			
	Sensitive	8				4			
Little Shell Lake 5316/10707 Southern Management Zone									
Pike	General	16			8	4			
	Sensitive	8			4	2			
Walleye	General	16	8		4	2			
	Sensitive	8	4		2	0			

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Lloyd Lake 5722/10857 Northern Management Zone									
Lake Trout	General	16							
	Sensitive	8							
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16							
	Sensitive	8							
Lobb Lake 5520/10330 Central Management Zone									
Pike	General	8						4	
	Sensitive	4						2	
Walleye	General	4							
	Sensitive	2							
Loewen Lake 5654/10806 Central Management Zone									
Lake Trout	General	16		8		4			
	Sensitive	8		4		2			
Long Lake 5708/10918 Northern Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Loon Lake 5551/10200 Central Management Zone									
Pike	General	16		8			4		
	Sensitive	8		4			2		
Walleye	General	8			4				
	Sensitive	4			2				
Lorenz Lake 5551/10459 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Lost Echo Lake 5408/10445 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16	8			4			
	Sensitive	8	4			2			
Lovell Lake 5507/10315 Central Management Zone									
Pike	General	8				4			
	Sensitive	4				2			
Walleye	General	8		4					
	Sensitive	4		2					
Lovering Lake 5051/10537 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16							
	Sensitive	8							
Lower Fishing Lake 5402/10438 Central Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Lower Foster Lake 5633/10523 Northern Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
Lowther Lake 5409/10751 Southern Management Zone									
Pike	General	16		8					
	Sensitive	8		4					
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Lucien Lake 5229/10519 Southern Management Zone									
Pike	General	16		8			4		
	Sensitive	8		4			2		
Walleye	General	16	8		4				
	Sensitive	8	4		2				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Macallum Lake 5502/10825 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16							
	Sensitive	8							
MacIntyre Lake 5726/10607 Northern Management Zone									
Lake Trout	General	16				8			
	Sensitive	8				4			
Walleye	General	8							
	Sensitive	4							
MacKay Lake 5630/10656 Central Management Zone									
Lake Trout	General	16		8		4	2		
	Sensitive	8		4		2	0		
Pike	General	16			8		4		
	Sensitive	8			4		2		
MacLean Lake 5555/10413 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16				8		4	
	Sensitive	8				4		2	
Walleye	General	16		8	4	0			
	Sensitive	8		4	2	0			
Macoun Lake 5632/10350 Northern Management Zone									
Lake Trout	General	16				8			
	Sensitive	8				4			
Pike	General	16		8					
	Sensitive	8		4					
Madge Lake 5140/10138 Southern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16	8	4	2				
	Sensitive	8	4	2	0				
Mahigan Lake 5442/10630 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Maidstone Lake 5302/10917 Southern Management Zone									
Pike	General	8				4			
	Sensitive	4				2			
Walleye	General	4					2		
	Sensitive	2					0		
Sauger	General	4		2					
	Sensitive	2		0					
Makwa Lake 5404/10915 Central Management Zone									
Pike	General	16		8			4		
	Sensitive	8		4			2		
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Manawan Lake 5524/10314 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Maraiche Lake 5428/10201 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16					8		
	Sensitive	8					4		
Marchand Lake 5615/10310 Northern Management Zone									
Pike	General	16				8	4		
	Sensitive	8				4	2		

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Marchel Lake 5522/10244 Central Management Zone									
Lake Trout	General	16			8		4	0	
	Sensitive	8			4		2	0	
Pike	General	8		4				2	
	Sensitive	4		2				0	
Walleye	General	16	8		4	0			
	Sensitive	8	4		2	0			
Marean Lake 5231/10334 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Perch	General	16	8						
	Sensitive	8	4						
Margo Lake 5149/10321 Southern Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Mari Lake 5505/10200 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Martin Lake 5719/10539 Northern Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Martins Lake 5300/10700 Southern Management Zone									
Pike	General	16				8		4	

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12



Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
	Sensitive	8				4		2		
Walleye	General	16		8						
	Sensitive	8		4						
Perch	General	16								
	Sensitive	8								
Matheson Lake 5425/10856 Central Management Zone										
Pike	General	16				8				
	Sensitive	8				4				
Mayson Lake 5755/10710 Northern Management Zone										
Lake Trout	General	8								
	Sensitive	4								
Pike	General	16								
	Sensitive	8								
McBride Lake 5227/10225 Southern Management Zone										
Pike	General	8				4				
	Sensitive	4				2				
Walleye	General	8				4				
	Sensitive	4				2				
Perch	General	16		4						
	Sensitive	8		2						
McDowell Lake 5739/10412 Northern Management Zone										
Lake Trout	General	16				8				
	Sensitive	8				4				
Pike	General	8								
	Sensitive	4								
Walleye	General	16			8	4				
	Sensitive	8			4	2				
McIntosh Lake 5545/10508 Central Management Zone										
Lake Trout	General	16				8		4		
	Sensitive	8				4		2		
Pike	General	16								

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8					4	2	
McLennan Lake 5553/10422 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
McPhee Lake 5353/10557 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16		8	4	2			
	Sensitive	8		4	2	0			
McTavish Lake 5555/10518 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Walleye	General	16			8				
	Sensitive	8			4				
Meeting Lake 5311/10739 Southern Management Zone									
Pike	General	16		8					
	Sensitive	8		4					
Walleye	General	16	8	4					
	Sensitive	8	4	2					
Melanson Lake 5538/10555 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16	8	4					
	Sensitive	8	4	2					
Melville Reservoir 5037/10243 Southern Management Zone									
Walleye	General	8							
	Sensitive	4							

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Meyers Lake 5235/10438 Southern Management Zone									
Walleye	General	16	8			4			
	Sensitive	8	4			2			
Miners Lake 5536/10620 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	8			4				
	Sensitive	4			2				
Ministikwan Lake 5401/10939 Southern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Walleye	General	16	8		4		2		
	Sensitive	8	4		2		0		
Mirond Lake 5506/10247 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16							
	Sensitive	8							
Mission Lake 5045/10344 Southern Management Zone									
Pike	General	16	8			4			
	Sensitive	8	4			2			
Walleye	General	8			4				
	Sensitive	4			2				
Mistawasis Lake 5305/10715 Southern Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	16		8		4	2		
	Sensitive	8		4		2	0		
Mistohay Lake 5427/10905 Central Management Zone									
Pike	General	16			8			4	2
	Sensitive	8			4			2	0

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
Walleye	General	16		8			4			
	Sensitive	8		4			2			
Montreal Lake 5420/10540 Central Management Zone										
Pike	General	16								
	Sensitive	8								
Walleye	General	16			8					
	Sensitive	8			4					
Whitefish	General	16								
	Sensitive	8								
Moose Jaw Creek 5034/10518 Southern Management Zone										
Walleye	General	8		4		2				
	Sensitive	4		2		0				
Moose Mountain Lake 4955/10305 Southern Management Zone										
Pike	General	16			8					
	Sensitive	8			4					
Moosomin Reservoir 5010/10142 Southern Management Zone										
Pike	General	8				4				
	Sensitive	4				2				
Walleye	General	16	8		4		2			
	Sensitive	8	4		2		0			
Morin Lake 5718/10603 Northern Management Zone										
Pike	General	16		8			4		2	
	Sensitive	8		4			2		0	
Walleye	General	16	8		4	2				
	Sensitive	8	4		2	0				
Morning Lake 5522/10550 Central Management Zone										
Pike	General	16			8					
	Sensitive	8			4					
Walleye	General	16			8					
	Sensitive	8			4					

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
Mosher Lake 5442/10204 Central Management Zone										
Walleye	General	16			8	4	2	0		
	Sensitive	8			4	2	0			
Mountain Lake 5529/10430 Central Management Zone										
Pike	General	16		8				4		
	Sensitive	8		4				2		
Walleye	General	16			8	4				
	Sensitive	8			4	2				
Sauger	General	16	8	4	2					
	Sensitive	8	4	2	0					
Mountney Lake 5542/10507 Central Management Zone										
Walleye	General	16				8				
	Sensitive	8				4				
Murphy (Hoffman) Lake 5401/10926 Southern Management Zone										
Pike	General	16		8				4		
	Sensitive	8		4				2		
Walleye	General	16	8			4				
	Sensitive	8	4			2				
Murray Lake 5303/10818 Southern Management Zone										
Pike	General	16					8		4	
	Sensitive	8					4		2	
Walleye	General	16		8		4				
	Sensitive	8		4		2				
Perch	General	16								
	Sensitive	8								
Whitefish	General	16					8			
	Sensitive	8					4			
Music Lake 5609/10711 Central Management Zone										
Pike	General	16								
	Sensitive	8								
Walleye	General	16			8					

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
	Sensitive	8			4					
Mustus Lake 1st 5426/10849 Central Management Zone										
Pike	General	16				8				
	Sensitive	8				4				
Walleye	General	16			8		4			
	Sensitive	8			4		2			
Mustus Lake 2nd 5426/10852 Central Management Zone										
Pike	General	16			8		4			
	Sensitive	8			4		2			
Walleye	General	16		8		4				
	Sensitive	8		4		2				
Namekus Lake 5349/10601 Central Management Zone										
Pike	General	16		8			4			
	Sensitive	8		4			2			
Nameless Lake 5659/10733 Northern Management Zone										
Pike	General	16								
	Sensitive	8								
Walleye	General	8		4						
	Sensitive	4		2						
Namew Lake 5414/10156 Central Management Zone										
Pike	General	16			8					
	Sensitive	8			4					
Walleye	General	8								
	Sensitive	4								
Narrow Lake 5425/10422 Central Management Zone										
Walleye	General	16		8	4	0				
	Sensitive	8		4	2	0				
Nataweuse Lake 5517/10336 Central Management Zone										
Pike	General	8								
	Sensitive	4								
Walleye	General	16		8		4				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8		4		2			
Natrillia Lake 5632/10745 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8	2			
	Sensitive	8			4	0			
Neale Lake 5522/10620 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16			8		0		
	Sensitive	8			4		0		
Nelson Lake 5200/10245 Southern Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16	8		4		2		
	Sensitive	8	4		2		0		
Nemeiben Lake 5520/10520 Central Management Zone									
Lake Trout	General	16				8			
	Sensitive	8				4			
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16			8				
	Sensitive	8			4				
Ness Lake 5353/10647 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16		8		4	2		
	Sensitive	8		4		2	0		
Nesslin Lake 5357/10647 Central Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16		8		4	2		
	Sensitive	8		4		2	0		
Nickle Lake 4936/10348 Southern Management Zone									
Pike	General	16		8	4	2			
	Sensitive	8		4	2	0			
Walleye	General	16		8	4	2			
	Sensitive	8		4	2	0			
Perch	General	8		4					
	Sensitive	4		2					
Nipekamew Lake 5424/10458 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8		4		
	Sensitive	8			4		2		
Nipew Lake 5541/10500 Central Management Zone									
Pike	General	16					8	2	
	Sensitive	8					4	0	
Walleye	General	16	8						
	Sensitive	8	4						
Niska Lake 5535/10838 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Nistowiak Lake 5525/10420 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16			8				
	Sensitive	8			4				
Nokomis Lake 5700/10300 Northern Management Zone									
Lake Trout	General	16			8				
	Sensitive	8			4				
Pike	General	16				8		4	

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12



Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8				4		2	
Walleye	General	8							
	Sensitive	4							
North Saskatchewan River 5315/10505 Southern Management Zone									
Pike	General	16		8		4		2	0
	Sensitive	8		4		2		0	
Walleye	General	16			8	4	2		
	Sensitive	8			4	2	0		
Sauger	General	8	4		2				
	Sensitive	4	2		0				
Goldeye	General	16	8	4	2				
	Sensitive	8	4	2	0				
Nunn Lake 5515/10420 Central Management Zone									
Lake Trout	General	16				8			4
	Sensitive	8				4			2
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8		4		
	Sensitive	8			4		2		
Ohoo Lake 5522/10231 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16	8	4		0			
	Sensitive	8	4	2		0			
Oliver Lake 5656/10322 Northern Management Zone									
Lake Trout	General	16		8					
	Sensitive	8		4					
Pike	General	16		8					4
	Sensitive	8		4					2
Walleye	General	16		8		4			
	Sensitive	8		4		2			

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Otter Lake 5535/10439 Central Management Zone									
Pike	General	8							
	Sensitive	4							
Walleye	General	16			8		4		
	Sensitive	8			4		2		
Sauger	General	8							
	Sensitive	4							
Ourom Lake 5535/10312 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	8							
	Sensitive	4							
Pagan Lake 5419/10816 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Pagato Lake 5608/10230 Central Management Zone									
Pike	General	16			8	4	0		
	Sensitive	8			4	2	0		
Walleye	General	8	4			2			
	Sensitive	4	2			0			
Palmbere Lake 5621/10854 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Parr Hill Lake 5222/10212 Southern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Perch	General	16	8						
	Sensitive	8	4						
Pasfield Lake 5824/10520 Northern Management Zone									
Lake Trout	General	16							
	Sensitive	8							

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pike	General	16						8	
	Sensitive	8						4	
Pasqua Lake 5047/10400 Southern Management Zone									
Pike	General	16			8		4	2	
	Sensitive	8			4		2	0	
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Perch	General	16							
	Sensitive	8							
Paul Lake 5608/10448 Central Management Zone									
Lake Trout	General	16				8	4	0	
	Sensitive	8				4	2	0	
Pike	General	8			4		2	0	
	Sensitive	4			2		0		
Walleye	General	2							
	Sensitive	0							
Peck Lake 5354/10936 Southern Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Pelican Lke 5508/10300 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16							
	Sensitive	8							
Perch Lake 5335/10928 Southern Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8		4		

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive								
Peter Lake 5715/10353 Northern Management Zone									
Pike	General				8				
	Sensitive				4				
Walleye	General			8					
	Sensitive			4					
Phelan Lake 5515/10209 Central Management Zone									
Pike	General		16			8			4
	Sensitive		8			4			2
Walleye	General		8		4				
	Sensitive		4		2				
Phelps Lake 5915/10315 Northern Management Zone									
Lake Trout	General			8					
	Sensitive			4					
Phillion Lake 5436/10639 Central Management Zone									
Pike	General			16					
	Sensitive			8					
Walleye	General		16			8			
	Sensitive		8			4			
Phil Mitchell Lake 5434/10259 Central Management Zone									
Pike	General			16					
	Sensitive			8					
Walleye	General		16		8				
	Sensitive		8		4				
Pierce Lake 5430/10942 Central Management Zone									
Lake Trout	General			16			8		
	Sensitive			8			4		
Walleye	General		16		8		4		
	Sensitive		8		4		2		
Pike	General			16				8	
	Sensitive			8				4	

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pikoo Lake 5532/10240 Central Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	16	8			4			
	Sensitive	8	4			2			
Pinehouse Lake 5532/10635 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				
Pinkney Lake 5403/10505 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16			8				
	Sensitive	8			4				
Pipestone Lake 5754/10635 Northern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Walleye	General	8			4				
	Sensitive	4			2				
Pita Lake 5533/10243 Central Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	16	8		4				
	Sensitive	8	4		2				
Porter Lake 5620/10720 Northern Management Zone									
Lake Trout	General	16			8			4	
	Sensitive	8			4			2	
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16			8	4			

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8			4	2			
Powdrill Lake 5505/10432 Central Management Zone									
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Primeau Lake 5553/10712 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16							
	Sensitive	8							
Primrose Lake 5455/10945 Central Management Zone									
Pike	General	16				4			
	Sensitive	8				2			
Walleye	General	16			8				
	Sensitive	8			4				
Rafferty Reservoir 5404/10915 Southern Management Zone									
Pike	General	16	8			4		2	
	Sensitive	8	4			2		0	
Walleye	General	8		4		2			
	Sensitive	4		2		0			
Perch	General	8	4	2					
	Sensitive	4	2	0					
Reeds Lake 5534/10236 Central Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
Walleye	General	16			8				
	Sensitive	8			4				
Reid Lake 5001/10809 Southern Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16			8		4		
	Sensitive	8			4		2		

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Perch	General	16	8	4					
	Sensitive	8	4	2					
Reindeer Lake 5715/10215 Northern Management Zone									
Lake Trout	General	16				8			
	Sensitive	8				4			
Pike	General	16				8			4
	Sensitive	8				4			2
Walleye	General	16	8			4			
	Sensitive	8	4			2			
Reindeer River 5536/10311 Central Management Zone									
Pike	General	16				8	4		
	Sensitive	8				4	2		
Walleye	General	8							
	Sensitive	4							
Renton Lake 5528/10423 Central Management Zone									
Walleye	General	4							
	Sensitive	2							
Rhona Lake 5240/10514 Southern Management Zone									
Walleye	General	16	8						
	Sensitive	8	4						
Riou Lake 5907/10625 Northern Management Zone									
Lake Trout	General	16			8		4		
	Sensitive	8			4		2		
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Roe Lake 5655/10756 Northern Management Zone									
Lake Trout	General	16				8			
	Sensitive	8				4			
Rotariu Lake 5814/10610 Northern Management Zone									

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pike	General	16				8		4	
	Sensitive	8				4		2	
Walleye	General	16							
	Sensitive	8							
Round Lake 5032/10222 Southern Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Perch	General	16		8					
	Sensitive	8		4					
Round Lake 5222/10324 Southern Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Round Lake 5320/10602 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Rowland Lake 5618/10237 Northern Management Zone									
Lake Trout	General	16			4				
	Sensitive	8			2				
Walleye	General	16			4	0			
	Sensitive	8			2	0			
Royal Lake 5907/10834 Northern Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Russell Lake 5726/10520 Northern Management Zone									
Pike	General	16				8	4		
	Sensitive	8				4	2		
Rusty Lake 5402/10913 Central Management Zone									

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12



Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16				8			
	Sensitive	8				4			
Saginas Lake 5230/10214 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8				
	Sensitive	8			4				
Perch	General	16							
	Sensitive	8							
Sandfly Lake 5543/10606 Central Management Zone									
Pike	General	16					8	4	
	Sensitive	8					4	2	
Walleye	General	16							
	Sensitive	8							
Sandy Lake 5543/10639 Central Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
Walleye	General	16			4	0			
	Sensitive	8			2	0			
Saskatchewan River 5352/10147 Southern Management Zone									
Pike	General	16				8	4		
	Sensitive	8				4	2		
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Goldeye	General	8							
	Sensitive	4							
Schell Lake 5638/10752 Central Management Zone									
Pike	General	16							
	Sensitive	8							

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	8							
	Sensitive	4							
Scythes Lake 5524/10455 Central Management Zone									
Pike	General	16		8		4			
	Sensitive	8		4		2			
Walleye	General	16		8	4				
	Sensitive	8		4	2				
Seager Lake 5703/10603 Northern Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16					8		
	Sensitive	8					4		
Segment Lake 5617/10711 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16							
	Sensitive	8							
Selby Lake 5307/10657 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Perch	General	16							
	Sensitive	8							
Shagwenaw Lake 5554/10741 Central Management Zone									
Pike	General	16							8
	Sensitive	8							4
Walleye	General	16							
	Sensitive	8							
Shannon Lake 5239/10526 Southern Management Zone									
Walleye	General	8	4						
	Sensitive	4	2						
Shell Lake 5349/10736 Southern Management Zone									

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
Pike	General	16			8		4			
	Sensitive	8			4		2			
Siegel Lake 5523/10304 Central Management Zone										
Pike	General	16					8			
	Sensitive	8					4			
Walleye	General	16		8	4					
	Sensitive	8		4	2					
Sim Lake 5527/10442 Central Management Zone										
Pike	General	16		8				4		
	Sensitive	8		4				2		
Walleye	General	8			4		2			
	Sensitive	4			2		0			
Sisipuk Lake 5545/10158 Central Management Zone										
Pike	General	16				8				
	Sensitive	8				4				
Walleye	General	16				8				
	Sensitive	8				4				
Sled Lake 5427/10725 Central Management Zone										
Pike	General	16								
	Sensitive	8								
Smith Jones Lake 5533/10600 Central Management Zone										
Pike	General	16	8		4		0			
	Sensitive	8	4		2		0			
Walleye	General	8		4		2				
	Sensitive	4		2		0				
Smoothstone Lake 5440/10650 Central Management Zone										
Pike	General	16								
	Sensitive									
Walleye	General	16			8					
	Sensitive	8			4					
Soaring Lake 5607/10702 Central Management Zone										

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16			8				
	Sensitive	8			4				
Sokatisewin Lake 5530/10225 Cental Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8				
	Sensitive	8			4				
Sauger	General	16		8					
	Sensitive	8		4					
Sotkowy Lake 5536/10424 Central Management Zone									
Pike	General	4							
	Sensitive	2							
Walleye	General	16	8		4	0			
	Sensitive	8	4		2	0			
South Saskatchewan River (upriver from Diefenbaker Lake) 5100/10920 Southern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Walleye	General	16			8	4	2		
	Sensitive	8			4	2	0		
Sauger	General	8		4		2			
	Sensitive	4		2		0			
Goldeye	General	8		2					
	Sensitive	4		0					
South Saskatchewan River (downriver from Diefenbaker Lake) 5200/10645 Southern Management Zone									
Pike	General	8				4			2
	Sensitive	4				2			0
Walleye	General	8		4		2	0		
	Sensitive	4		2		0			
Sauger	General	4		2	0				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)								
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm	
Goldeye	Sensitive	2		0						
	General	16		4	0					
	Sensitive	8		2	0					
Spalding Lake 5714/10320 Northern Management Zone										
Pike	General	4								
	Sensitive	2								
Walleye	General	16		8	4					
	Sensitive	8		4	2					
Spear Lake 5637/10758 Central Management Zone										
Pike	General	16								
	Sensitive	8								
Walleye	General	16					8			
	Sensitive	8					4			
Spirit Lake 5231/10140 Southern Management Zone										
Pike	General	16					8			
	Sensitive	8					4			
Walleye	General	16			8	4				
	Sensitive	8			4	2				
St. Brieux Lake 5238/10454 Southern Management Zone										
Pike	General	8					4			
	Sensitive	4					2			
Walleye	General	16		8	4	2				
	Sensitive	8		4	2	0				
Steephill Lake 5558/10309 Central Management Zone										
Pike	General	8			4					
	Sensitive	4			2					
Walleye	General	16		8						
	Sensitive	8		4						
Stillborn Lake 5508/10401 Central Management Zone										
Pike	General	16			8		4	2	0	
	Sensitive	8			4		2	0		

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16			4				
	Sensitive	8			2				
Studer Lake 5610/10715 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Sturgeon Lake 5325/10605 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Stusiak Lake 5541/10520 Central Management Zone									
Pike	General	16			8	4	2		
	Sensitive	8			4	2	0		
Walleye	General	8		4					
	Sensitive	4		2					
Suggi Lake 5422/10247 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16			8				
	Sensitive	8			4				
Summercove Reservoir 4919/10657 Southern Management Zone									
Walleye	General	16			8				
	Sensitive	8			4				
Swan Lake 5451/10633 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16			8				
	Sensitive	8			4				
Swede Lake 5356/10647 Central Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Syntak Lake 5525/10303 Central Management Zone									
Pike	General	8			4		2		0
	Sensitive	4			2		0		
Walleye	General	8	4			2			
	Sensitive	4	2			0			
Table Lake 5435/10203 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16				8			
	Sensitive	8				4			
Tapeese Lake 5524/10304 Central Management Zone									
Pike	General	4							
	Sensitive	2							
Theodore Lake 5128/10255 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16		8					
	Sensitive	8		4					
Thomas Lake 5517/10428 Central Management Zone									
Pike	General	16		8			4		
	Sensitive	8		4			2		
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Thompson Lake 5625/10736 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				
Thomson Lake 5825/10608 Northern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Thomson Reservoir 4945/10636 Southern Management Zone									
Pike	General	16			8		4		
	Sensitive	8			4		2		
Walleye	General	16		8		4			
	Sensitive	8		4		2			
Tobin Lake 5335/10330 Central Management Zone									
Pike	General	16	8						4
	Sensitive	8	4						2
Walleye	General	16			8		4		
	Sensitive	8			4		2		
Sauger	General	16		8	4	2			
	Sensitive	8		4	2	0			
Perch	General	16		4					
	Sensitive	8		2					
Whitefish	General	16							
	Sensitive	8							
Tomison Lake 5612/10221 Central Management Zone									
Pike	General	8				4			2
	Sensitive	4				2			0
Walleye	General	4			2				
	Sensitive	2			0				
Top Lake 5357/10652 Central Management Zone									
Pike	General	16		8		4			
	Sensitive	8		4		2			
Walleye	General	16		8		4	2		
	Sensitive	8		4		2	0		
Topascom Lake 5541/10259 Central Management Zone									
Pike	General	8			4				
	Sensitive	4			2				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12



Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	16	8			4			
	Sensitive	8	4			2			
Townsend Lake 5229/10145 Southern Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				
Trade Lake 5522/10344 Central Management Zone									
Pike	General	16				8		4	
	Sensitive	8				4		2	
Walleye	General	16			8				
	Sensitive	8			4				
Turnor Lake 5635/10835 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16							
	Sensitive	8							
Turtle Lake 5336/10838 Southern Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16			8		4		
	Sensitive	8			4		2		
Tyrell Lake 5453/10209 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Ukoop Lake 5519/10305 Central Management Zone									
Pike	General	8							
	Sensitive	4							
Walleye	General	16			8				
	Sensitive	8			4				
Upper Fishing Lake 5403/10439 Southern Management Zone									

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Walleye	General	8			4	2	0		
	Sensitive	4			2	0			
Upson Lake 5606/10709 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	8							
	Sensitive	4							
Uskik Lake 5532/10317 Central Management Zone									
Pike	General	16					8		
	Sensitive	8					4		
Walleye	General	16			8				
	Sensitive	8			4				
Usinneskaw "Stony" Lake 5147/10322 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Utikumak Lake 5450/10814 Central Management Zone									
Pike	General	16					8	2	
	Sensitive	8					4	0	
Walleye	General	16				8			
	Sensitive	8				4			
Vaudner Lake 5754/10928 Northern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Vedette Lake 5621/10642 Central Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16					8	4	
	Sensitive	8					4	2	
Vermillion Lake 5647/10725 Northern Management Zone									

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Lake Trout	General	16				8			
	Sensitive	8				4			
Pike	General	8							
	Sensitive	4							
Wakaw Lake 5240/10535 Southern Management Zone									
Pike	General	16				8			4
	Sensitive	8				4			2
Walleye	General	16	8			4	2		
	Sensitive	8	4			2	0		
Perch	General	16							
	Sensitive	8							
Wakisew Lake 5444/10243 Central Management Zone									
Pike	General	8				4		2	
	Sensitive	4				2		0	
Walleye	General	8	4						
	Sensitive	4	2						
Wanamaker Lake 5551/10543 Central Management Zone									
Walleye	General	8			4				
	Sensitive	4			2				
Wapata Lake 5851/10543 Northern Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16			8				4
	Sensitive	8			4				2
Walleye	General	16		8					
	Sensitive	8		4					
Wapawekka Lake 5455/10440 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Wapumon Lake 5534/10255 Central Management Zone									
Pike	General	16			8			4	
	Sensitive	8			4			2	
Walleye	General	16		8					
	Sensitive	8		4					
Wapus Lake 5627/10212 Northern Management Zone									
Lake Trout	General	16				8			
	Sensitive	8				4			
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	16		8	4	0			
	Sensitive	8		4	2	0			
Wasekamio Lake 5645/10845 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Waskesiu Lake 5358/10612 Prince Albert National Park									
Pike	General	16					8	4	
	Sensitive	8					4	2	
Walleye	General	16			8	4			
	Sensitive	8			4	2			
Waskuhikan Lake 5537/10218 Central Management Zone									
Pike	General	16			8		4		2
	Sensitive	8			4		2		0
Walleye	General	16	8		4	0			
	Sensitive	8	4		2	0			
Waskwei Lake 5508/10234 Central Management Zone									
Pike	General	16					8	4	
	Sensitive	8					4	2	
Walleye	General	16			4	0			

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8			2	0			
Wassegam Lake 5417/10614 Prince Albert National Park									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16					4		
	Sensitive	8					2		
Waterhen Lake 5428/10825 Central Management Zone									
Pike	General	16						8	
	Sensitive	8						4	
Walleye	General	16			8		4		
	Sensitive	8			4		2		
Wathaman Lake 5655/10343 Northern Management Zone									
Pike	General	16				8	4		
	Sensitive	8				4	2		
Walleye	General	16	8			4			
	Sensitive	8	4			2			
Watts Lake 5545/10503 Central Management Zone									
Pike	General	8				4			
	Sensitive	4				2			
Walleye	General	16		8	2				
	Sensitive	8		4	0				
Weitzel Lake 5742/10935 Northern Management Zone									
Lake Trout	General	16			8				
	Sensitive	8			4				
Pike	General	16							
	Sensitive	8							
Wenger Lake 5732/10935 Northern Management Zone									
Pike	General	16				8	4		
	Sensitive	8				4	2		
Walleye	General	16			8	2			
	Sensitive	8			4	0			

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Wenzel Lake 5628/10741 Central Management Zone									
Lake Trout	General	16				8			
	Sensitive	8				4			
Pike	General	16							
	Sensitive	8							
Weitkoo Lake 5642/10759 Northern Management Zone									
Lake Trout	General	4							
	Sensitive	2							
Pike	General	4							
	Sensitive	2							
Weyakwin Lake 5430/10600 Central Management Zone									
Pike	General	16							8
	Sensitive	8							4
Walleye	General	16				8			
	Sensitive	8				4			
Whelan Bay 5402/10511 Central Management Zone									
Lake Trout	General	16						8	
	Sensitive	8						4	
Whitebear Lake 4946/10215 Southern Management Zone									
Walleye	General	8	4	2	0				
	Sensitive	4	2	0					
Whitesand (Pelican) Lake 5146/10320 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8	4	0		
	Sensitive	8			4	2	0		
Wickencamp Lake 5729/10938 Northern Management Zone									
Pike	General	8							
	Sensitive	4							
Walleye	General	16							
	Sensitive	8							

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Wildnest Lake 5500/10220 Central Management Zone									
Pike	General	16		8					4
	Sensitive	8		4					2
Walleye	General	8			4				
	Sensitive	4			2				
Windy Lake 5422/10235 Central Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8				
	Sensitive	8			4				
Wintego Lake 5535/10252 Central Management Zone									
Pike	General	16			8				
	Sensitive	8			4				
Walleye	General	8							
	Sensitive	4							
Winthrop Lake 5411/10657 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Wollaston Lake 5815/10315 Northern Management Zone									
Lake Trout	General	16				8	4		
	Sensitive	8				4	2		
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16			8				
	Sensitive	8			4				
Wolseley Lake 5024/10315 Southern Management Zone									
Pike	General	16		8				4	
	Sensitive	8		4				2	
Walleye	General	8			4	2	0		
	Sensitive	4			2	0			
Wood Lake 5517/10317 Central Management Zone									

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12

Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
Pike	General	16							
	Sensitive	8							
Walleye	General	16			8				
	Sensitive	8			4				
Woods Lake 5617/10317 Northern Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Woody Lake 5228/10142 Southern Management Zone									
Walleye	General	16				8	4		
	Sensitive	8				4	2		
Wycherley Lake 5611/10748 Central Management Zone									
Pike	General	16							
	Sensitive	8							
Walleye	General	16							
	Sensitive	8							
Wynne Lake 5807/10402 Northern Management Zone									
Lake Trout	General	16						8	
	Sensitive	8						4	
Yalowega Lake 5748/10453 Northern Management Zone									
Lake Trout	General	8							
	Sensitive	4							
Pike	General	16							
	Sensitive	8							
Zander Lake 5639/10805 Central Management Zone									
Lake Trout	General	16				4			
	Sensitive	8				2			
Pike	General	8							
	Sensitive	4							
Walleye	General	16			8				

Numbers refer to the recommended number of meals per month for each species from each lake for the general and sensitive population. Sensitive population includes women who are or could become pregnant and those who are breastfeeding, and children under the age of 12



Species	Population	Fish Length (cm)							
		<20 cm	20 - 30	30 - 40	40 - 50	50 - 60	60 - 70	70 - 80	>80 cm
	Sensitive	8			4				
Zelma Reservoir 5150/10550 Southern Management Zone									
Pike	General	16				8			
	Sensitive	8				4			
Walleye	General	16		8		4	2		
	Sensitive	8		4		2	0		

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