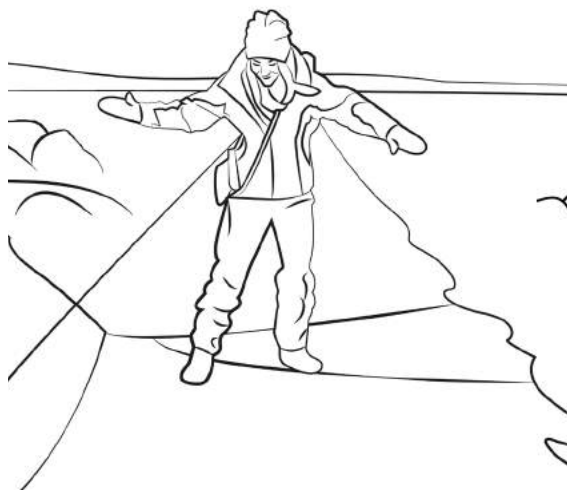


Fish are Good for Us!

Fish are important and commonly eaten traditional food sources in the north. Many kinds of fish are available in our waters. Fish parts are used for decorative craft designs & medicinal purposes.

Northern Fish include Walleye, Pickerel, Cisco, Tullibee, Loche, Burbot, Pike, Jackfish, Whitefish, Lake Trout, Inconnu, Grayling, Suckers, Coni, Cod, Herring, Sculpin, and Arctic Char.

Although there are slight differences in the nutrients found in fish, they all add important nutrients to our diet. They are excellent sources of protein, calcium and B Vitamins. Fish such as Trout and Arctic Char provide omega-3 fats.



NWT Secret

The latin name for Arctic Grayling is *Thymallus arcticus*, because a freshly caught fish smells a little like the herb Thyme. Cook it right there on the shore within an hour of catching it for maximum deliciousness.

Arctic Grayling

Arctic grayling has a dark blue coloring, with pink and purple tones. They are found throughout the NWT, and are commonly found at the mouth of cold rivers. Arctic grayling is also known as bluefish. A relative of trout, Arctic Grayling is a freshwater fish that weighs from one to three pounds. It is a migratory fish that can be found in lakes or medium sized rivers.

Arctic grayling is an excellent source of protein. Protein is needed to build and repair all parts of the body. Arctic grayling meat is also an excellent source of magnesium and selenium, two minerals that are essential to the body. Magnesium helps the body use the energy that is in food. It is also important for bone health. Selenium helps to protect the body from damage that occurs over time, called oxidative stress. Oxidative stress is unavoidable and is a natural part of how the body works, which is why we need this important mineral.

Is Arctic Grayling Safe to Eat?

Yes! Arctic grayling is safe to eat. It is also one of the healthiest foods available. The benefits of consuming arctic grayling are much greater than the risks of contaminant exposure. A consumption notice has never been issued by the NWT's Chief Public Health Officer to limit the intake of Arctic grayling.

Preparation: Arctic Grayling has an excellent white flaky flesh, usually eaten frozen, dried, or cooked. The grayling does not keep very well after it is caught, so it must be eaten as soon as possible. It is best when broiled or grilled. The skin is very good to eat, too!

Fun Fact: Grayling have evolved to meet the needs of life in changing and harsh environments. They can be migratory or can complete their entire life in a short section of lake.

