






## DO

Scientists from the Penobscot Nation Department of Natural Resources have analyzed wild game from tribal lands for contamination and recommend that you can eat:

-  Moose and deer meat without restrictions.
-  Up to two 8 oz. servings of deer liver **per week**.
-  Up to two 8 oz. servings of wood duck meat **per week**.
-  Up to two 8 oz. servings of muskrat **per week**.
-  Up to one 4 oz. servings of snapping turtle **per week**.



An 8-ounce serving of deer liver, wood duck or muskrat looks like this.



A 4-ounce serving of snapping turtle looks like this.

Some wild foods, like the ones listed above and others such as fish, may have contaminants. Take care that your total diet takes this into account. See the other Wild Foods Safety Series brochures for more information and guidance.

Current USDA standards state the safest way to consume wild game is to cook it thoroughly to an internal temperature of 160 degrees F.

*\*While we have not tested all species for all contaminants we are making recommendations based on what we have tested or know.*

## DON'T



*Don't eat ANY moose livers or kidneys.*



Don't eat snapping turtle caught in the state of Maine if you are a woman who is nursing, pregnant, or planning to become pregnant.

Don't feed snapping turtle caught in the state of Maine to children 8 years of age or younger.

## WHY



Wild game animals absorb chemical pollutants into their bodies, and get into your body when you eat the meat.

**Cadmium** can cause extreme neurological problems even in low concentration. Signs of cadmium poisoning include diarrhea, nausea, vomiting, abdominal pains, cramps, and organ failure.



**Chronic cadmium exposure can result in kidney failure, anemia, and bone disorders.**

**Dioxins, furans, and PCBs** can cause cancer, reproductive and developmental problems, hormonal problems, and can damage the immune system.

**Mercury** damages the brains of unborn and young children. This causes learning disabilities and behavioral problems.

In older children and adults, mercury poisoning causes vision problems as well as numbness in hands and feet.

