The results of a study indicate that consumption of moose liver or kidney, or deer liver, may lead to a daily intake of cadmium exceeding recommended levels. Because a normal diet may already exceed advisable levels, the DPHS advises minimizing consumption of these organ meats. If individuals choose to consume deer liver, it is recommended that it be from young animals, in small quantities and infrequently.

Because particularly high cadmium levels have been seen in some moose liver and kidney, the DPHS recommends not consuming these organ meats at all.

WARNING!
CADMIUM IN ORGAN MEATS

By U.S. Fish & Wildlife Service, N.H. Division of Public Health Services and N.H. Fish and Game Department.

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White Mountain National Forest:
If you will be hunting in the White Mountain National Forest, be sure to contact a ranger station for a complete list of forest specific rules and regulations.
NOTE: The Berlin check station is at the Berlin Fish Hatchery at the end of York Pond Road.