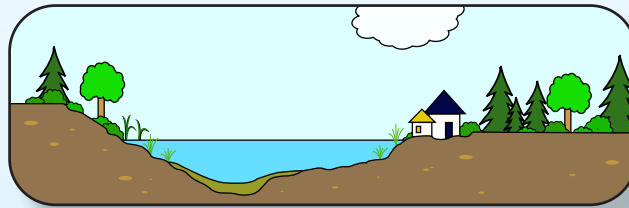


# On the Menu: A Diet Low in Nitrogen and Phosphorus

Lakes are born, fill up, and eventually die. This slow and natural process, spans over tens of thousands of years. It is sometimes characterized by a surplus in nutrients, which stimulates the growth of algae and aquatic plants. Different human activities generate phosphorus and nitrogen, thereby accelerating the natural eutrophication process. The water is rapidly transformed into an unusable resource (drinking water) or a limited resource (recreational use for swimming, fishing, boating...).

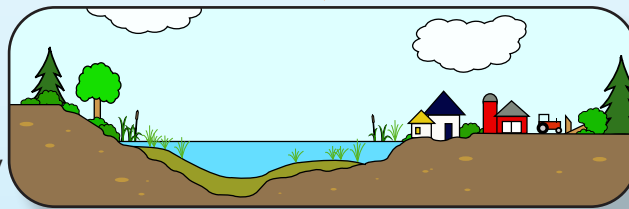
## OLIGOTROPHIC:

- Clear water
- Low nutrient concentration
- Sparse plant and animal life



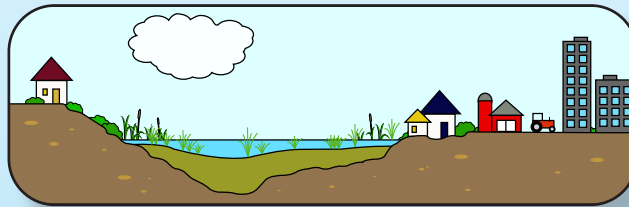
## MESOTROPHIC:

- Poorer water quality
- Intermediate nutrient concentration
- Change in biological diversity



## EUTROPHIC:

- Nutrient enriched water
- High biological productivity that may result in the loss of biodiversity



## CAUSES:

### Natural

- Watershed runoff
- Flooded areas

### Human

- Use of fertilizers (rich in phosphorus and nitrogen)
- Using household products containing phosphates
- Discharge of waste water (industrial, private household)
- Shoreline modifications (absence of a natural shoreline, deforestation...)
- Altering waterways (canalisation, irrigation, filling, road ditches, etc)



Put your lake on a diet by limiting its supply of nitrogen and phosphorus. Here are some good practices you can adopt:

- Preserve your shoreline's natural vegetation and don't clear your land or make an artificial beach.
- Make sure that your septic system is in proper working order to limit leaks and pollution.
- Use of phosphate-free domestic products.
- Don't use fertilizers (even organic).
- Don't alter the natural course of streams.
- Practice healthy navigation! Some boating activities increase shoreline erosion.
- Make your municipality, your friends and your neighbours more aware. The environment is everyone's business!

