

Mercury Advisory

for Store-bought or Restaurant Fish

Going to the store or out to eat?

Fish are grouped and assigned points based on the amount of mercury in 6 ounces of fish (one meal). Fish with more mercury get more points.

The lower the score, the better the fish is for you to eat. Eat no more than 8 points of fish meals per month...

EAT no more than... **8** points per month

Per Meal **1** Point

Anchovies	Pollock
Catfish (farm-raised)	Salmon* (canned, frozen, fresh)
Crab	Sardines
Crawfish	Scallops
Flatfish (flounder, sole)	Shrimp
Herring*	Squid
Mullet	Tilapia
Oysters	Trout* (freshwater)
Perch* (ocean or freshwater)	Whitefish*

Per Meal **2** Points

Cod	Mahi mahi
Freshwater Drum* (aka Sheepshead)	Snapper
Jack smelt	Tuna (canned light)

Per Meal **4** Points

Bass* (sea, striped, rockfish)	Scorpion fish
Bluefish	Tuna (Albacore, canned white)
Halibut	Tuna (fresh, frozen)
Lobster	Weakfish (sea trout)
Sablefish	

Per Meal **8** Points

Grouper	Marlin
Mackerel	Orange Roughy

Do not eat these fish:
Shark, Swordfish, Tilefish, King Mackerel

* This chart is based on FDA fish fillet mercury data.

* Advice to eat no more than 8 points is good for everyone, including pregnant women & children.

* If you catch these fish in Michigan, please see the Michigan Fish Advisory at www.michigan.gov/eatsafefish.

For More Information...

Call 1-800-648-6942 or visit us online at

www.michigan.gov/eatsafefish



Get to know the 3Cs

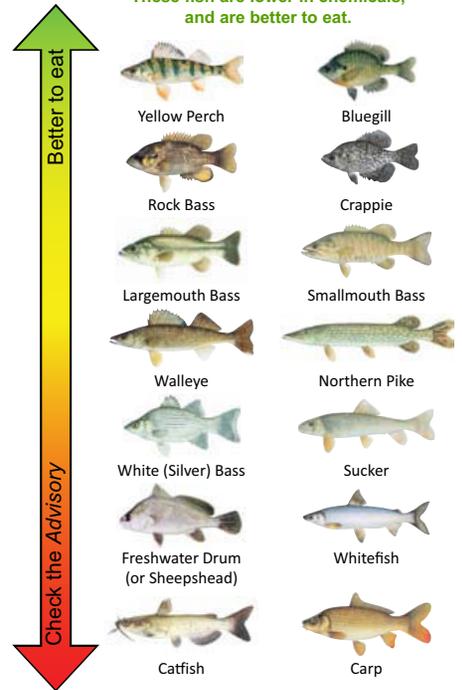


1 Choose

Going fishing?

Use the picture below to choose fish to catch that are generally safer for you and your family to eat. Be sure to check the Michigan Fish Advisory to find details about the lakes and rivers where you're fishing.

These fish are lower in chemicals, and are better to eat.



These fish are higher in chemicals.

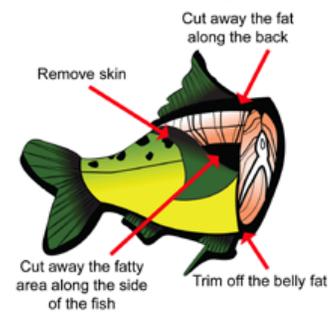


Get a free copy of Michigan Fish Advisory by going to www.michigan.gov/eatsafefish or calling 1-800-648-6942.

2 Clean

Cleaning and cooking your fish the right way can remove up to half of the chemicals!

- Trim off the dark fatty tissue along the backbone, sides and belly. Most of the chemicals are stored in the fat, except for mercury. Mercury cannot be removed from fish.
- Take out all organs, such as the liver and stomach. Do not eat the organs.



3 Cook

- Remove the skin or poke holes in it before cooking. This allows fat to drip off the fish.
- Cook the fish on a broiler pan or grill so that the fat can drip away through the grates.



Eat Safe Fish

in the Detroit Area



A Guide to Buying and Catching Fish that are Healthy for You and Your Family

www.michigan.gov/eatsafefish

Most fish are a healthy food choice, but some have harmful chemicals in them.

This brochure will help you make good choices when eating fish.



Are fish still good for us?

YES!

Fish have a lot of healthy protein, vitamins and minerals.

- Oils found in fish are healthy for babies and children.
- Fish are low in saturated fat.
- Eating fish may help prevent heart disease in adults.

How much fish is in a "meal"?

The Michigan Department of Community Health uses the word "meal" when explaining how much fish is safe to eat.

- For adults: A **meal** is 8 ounces of uncooked fish, or 6 ounces of cooked fish (about the size of an adult's hand - large oval).
- For children: A **meal** is 4 ounces of uncooked fish, or 3 ounces of cooked fish (about the size of the palm of an adult's hand - small circle).



Why aren't some fish safe to eat?

Some of our lakes and rivers are polluted with toxic chemicals, like PCBs, dioxins and mercury.



Over the years, chemicals in the lakes and rivers can build up in fish. When you eat these fish, the chemicals can build up in your body, too.

You can protect yourself from these chemicals. Choose the right kind of fish, clean it well and cook it so the fat can drip away. Flip the brochure over to learn how!



Who is at greatest risk from the chemicals in some fish?

- Fetuses and children under the age of 15, because they are still growing and developing
- People with serious health problems such as heart, thyroid or immune system issues

Fish are good for everyone to eat, but it is important that pregnant women, children and people with health problems choose their fish carefully.



How can I tell if the fish I catch have chemicals in them?

You can't taste or smell these chemicals. The only way to find out if your fish is safe to eat is by using the **Michigan Fish Advisory**. The information below is from the *Advisory* for the Detroit River. Use it to find safe fish for you and your family to eat.



Detroit River Fish Advisory for Men & Women*

Eat All You Want
Freshwater Drum under 18 inches
Northern Pike
Sucker
Walleye
Yellow Perch

Four Meals per Month
Freshwater Drum over 18 inches
Whitefish under 22 inches
All other species

Do Not Eat
Carp
Catfish
Whitefish over 22 inches



*Advisory for males 15 years or older and females over 45 years old.



Lake Erie, Lake St. Clair and the Rouge River also have fish advisories. Use the *Michigan Fish Advisory* to learn more.



Detroit River Fish Advisory for Women & Children**

Eat All You Want
Yellow Perch under 10 inches

Choose ONE option
Option 1:
Four Meals per Month
Suckers under 18 inches
Yellow Perch over 10 inches

Option 2:
One Meal per Month
Freshwater Drum
Northern Pike
Suckers over 18 inches
Walleye
All other species



Do Not Eat
Carp
Catfish
Whitefish of any size



**Advisory for boys and girls under the age of 15 and females ages 15-45 years old.



Like catfish? Use MDCH's *Best Spots for Catfish in the Detroit Area* to find fish that are safer to eat. Go to www.michigan.gov/eatsafefish or call 1-800-648-6942 to get a free copy.