

# Eating Fish from the Detroit River

## Fish are part of a healthy diet.

Most fish are safe to eat. But some fish have high amounts of chemicals in them. Eating some types of fish too often can cause health problems, especially for women and children.

Better to eat

These fish are lower in chemicals and are a better choice to eat.

 Yellow Perch	 Bluegill
 Rock Bass	 Crappie
 Largemouth Bass	 Smallmouth Bass
 Walleye	 Northern Pike
 Silver Bass	 Sucker
 Sheepshead	 Whitefish
 Catfish	 Carp

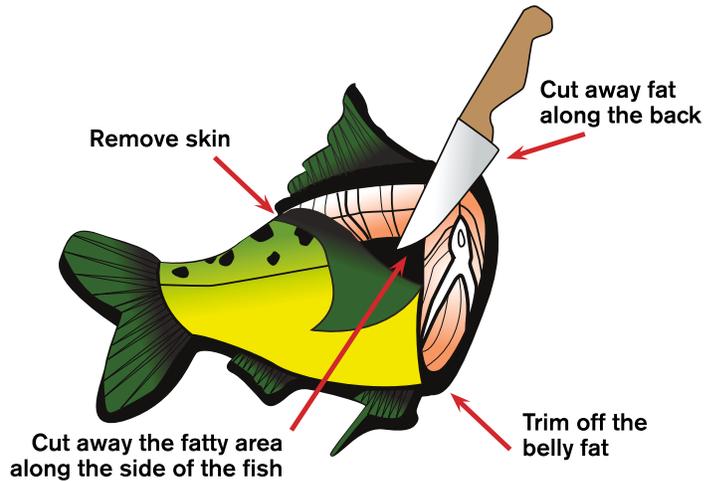
Should not eat

These fish are higher in chemicals. You should not eat catfish or carp from the Detroit River.



## Trim and Cook Fish

Trimming and cooking off the fat can remove up to half the chemicals. Cook fish on a rack or grill.



## Better Spots for Catching Catfish

These lakes have been stocked with catfish. The catfish in these lakes have less chemical contamination than those in the Detroit River:

- Belleville Lake, Wayne County
- Newburgh Lake, Wayne County
- Pontiac Lake, Oakland County
- Stony Creek Impoundment, Macomb County
- Ford Lake, Washtenaw County



For details and a map, call the Michigan Department of Natural Resources - Fish Division:

**1-248-359-9040**

**For more details and a free copy of the Michigan Family Fish Consumption Guide, call the Michigan Department of Community Health:**

**1-800-648-6942**

or visit: [www.michigan.gov/fishandgameadvisory](http://www.michigan.gov/fishandgameadvisory)

