

# eat safe fish

in Michigan



Fish can be part of a healthy diet.



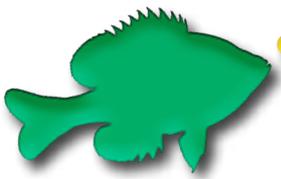
Some are high in heart-healthy omega-3s.

**BRAIN FOOD!**

**LOW FAT PROTEIN!**

Some fish are safer to eat than others because they have fewer chemicals in them.

**CHEMICALS?**



Some chemical pollution in the environment ends up in the fish we eat.

To get a list of safe fish to eat (and much more) visit:  
[www.michigan.gov/eatsafefish](http://www.michigan.gov/eatsafefish).

