

eat safe fish in Michigan



Do you eat fish caught in Michigan?

GREAT!

Fish can be healthy & affordable.

Fish are a lean source of protein,
which can be good for your health.



BUT...
choose safe
fish because...

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

Some Michigan lakes &
rivers have more chemicals
in them than others.

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

