

# eat safe fish in Michigan



Interested in eating fish while you are pregnant?

**Wonderful!**

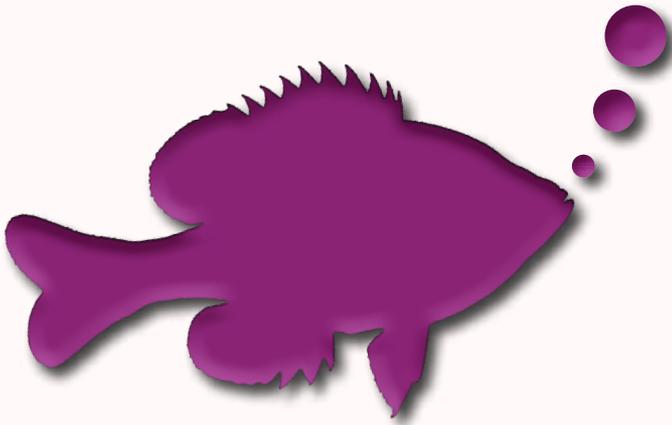


Nutrients in fish can help with your baby's brain development because they can transfer to your breastmilk!

**Fish are also heart healthy!**

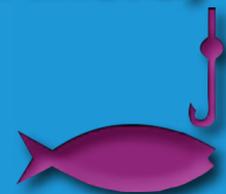


**But, choose safe fish because...**



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).



Have questions?  
No internet? No problem!  
Call toll free, 1-800-648-6942.

