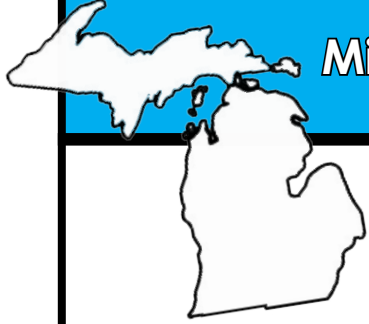# Statewide Safe Fish Guidelines
Michigan Department of Health and Human Services

- Michigan is lucky to have over 11,000 lakes, rivers, and streams. Because of that huge number, it is not possible to test every fish species from every lake, river, or stream in the state.

- These general guidelines are based on the typical amount of chemicals found in fish filets tested from around the state. Some fish may be higher or lower.

- If any of these fish are listed in the *Eat Safe Fish Guide* for the lake or river you are fishing in, use those guidelines instead of the Statewide Safe Fish Guidelines. The *MI Servings* recommendation will be more exact for that lake or river because those filets have been tested.

- These general guidelines can be used for lakes, rivers, and fish species not included in the *Eat Safe Fish Guide.*

To get a free copy of the *Eat Safe Fish Guide*, visit Michigan.gov/EatSafeFish or call 800-648-6942.

Use the Statewide Safe Fish Guidelines ONLY if:

- your lake or river is not listed in the *Eat Safe Fish Guide,* OR
- your lake or river is listed in the *Eat Safe Fish Guide*, but the fish species is not listed.

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any Size	4
Bluegill	Mercury	Any Size	8
Brown Trout	Mercury	Any Size	4
Bullhead	Mercury	Any Size	4
Carp	PCBs	Any Size	2
Catfish	PCBs & Mercury	Any Size	4
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Muskellunge (Muskie)	Mercury	Any Size	1
Northern Pike	Mercury	Under 30"	2
		Over 30"	1
Rock Bass	Mercury	Any Size	4
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Suckers	Mercury	Any Size	8
Sunfish	Mercury	Any Size	8
Walleye	Mercury	Under 20"	2
		Over 20"	1
White Crappie	Mercury	Any Size	4
Yellow Perch	Mercury	Any Size	4

***See page 2 to learn about *MI Servings***

MDHHS
Michigan Department of Health & Human Services

What is *MI Serving*?

You can use the information below to find out how much fish is in a *MI Serving* ("my serving") for you. If you're planning on eating more than 1 *MI Serving* of fish at a single meal, aim to eat fish that are listed as 2-8 *MI Servings* per month to be sure you're within the safe range.

My Michigan, *MI Serving* Size

☑ 8 ounces of fish = size of an adult's hand (large oval)

☑ 4 ounces of fish = size of the palm of an adult's hand (small circle)

☑ 2 ounces of fish = size of half a palm of an adult's hand (rectangle)
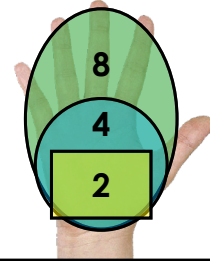
How much is *MI Serving*?

Weight of Person	*MI Serving* Size
45 pounds	2 ounces
90 pounds	4 ounces
180 pounds	8 ounces

Weigh Less?

For every 20 pounds <u>less</u> than the weight listed in the table, subtract 1 ounce of fish.

For example, a 70 pound child's *MI Serving* size is 3 ounces of fish.
90 pounds - 20 pounds = 70 pounds
4 ounces - 1 ounce = a *MI Serving* size of 3 ounces

Weigh More?

For every 20 pounds <u>more</u> than the weight listed in the table, add 1 ounce of fish.

For example, a 110 pound person's *MI Serving* size is 5 ounces of fish.
90 pounds + 20 pounds = 110 pounds
4 ounces + 1 ounce = a *MI Serving* size of 5 ounces

Are you pregnant?

Fish is good for you and your baby! Use your pre-pregnancy weight to find your *MI Serving* size. It is best to avoid eating fish labeled as "Limited" if you're pregnant or breastfeeding.

About the Statewide Safe Fish Guidelines

- The Statewide Safe Fish Guidelines are set to provide safe options for everyone.

- They can be used by children, pregnant or breastfeeding women, and people who have health problems, like cancer, heart disease, or diabetes.

- The Statewide Safe Fish Guidelines can also be used by healthy adults to avoid getting too much of the chemicals in their bodies.

- Chemicals like PCBs and dioxins are linked to cancer, diabetes, and other illnesses.

- Mercury can cause damage to your brain, heart, and nerves.

- MDHHS tests only the filet of the fish, and they use science-based calculations to find how much fish is safe to eat. With the Statewide Safe Fish Guidelines and the *Eat Safe Fish Guide*, everyone can now choose safer fish.

Questions? Please visit <u>Michigan.gov/EatSafeFish</u> or call 800-648-6942 for more information.