



The Eat Safe Fish guidelines are set to be safe for everyone. This includes small children, pregnant or breastfeeding women, and people who have health problems - like cancer, heart disease, or diabetes. MDCH tests only the filets of fish for chemicals.

**Au Sable River  
below Foote Dam  
(includes Van Etten Creek)**

**Six (6) MI Servings per Year**

- Brown Trout<sup>2x</sup>
- Chinook Salmon<sup>2x</sup>
- Coho Salmon<sup>2x</sup>
- Rainbow Trout<sup>2x</sup>
- Steelhead<sup>2x</sup>
- Walleye<sup>2x</sup>

**Do Not Eat**

All other species including yellow perch, any type of bass, suckers, carp, bluegill, and sunfish.

**Van Etten Lake**

**Eight (8) MI Servings per Month**  
Suckers under 14"

**Four (4) MI Servings per Month**  
Suckers 14" to 20"

**Two (2) MI Servings per Month**  
Suckers over 20"

**One (1) MI Serving per Month**  
Walleye

Check the Statewide Guidelines on page 9 of the Eat Safe Fish Guide for fish that are not listed.

**Limited\***  
Catfish

**Clark's Marsh & Allen Lake**

**Do Not Eat**  
Any Fish

**Lake Huron**

**Four (4) MI Servings per Month**  
Smelt<sup>2x</sup>

**Two (2) MI Servings per Month**  
Suckers<sup>2x</sup>  
Yellow Perch<sup>2x</sup>

**One (1) MI Serving per Month**  
Freshwater Drum  
Lake Trout Under 20"<sup>2x</sup>  
Northern Pike<sup>2x</sup>

**Six (6) MI Servings per Year**  
Brown Trout<sup>2x</sup>  
Chinook Salmon<sup>2x</sup>  
Coho Salmon<sup>2x</sup>  
Lake Trout 20" to 24"<sup>2x</sup>  
Lake Whitefish<sup>2x</sup>  
Rainbow Trout<sup>2x</sup>  
Steelhead<sup>2x</sup>  
Walleye<sup>2x</sup>  
White Perch<sup>2x</sup>

**Limited\***  
Carp  
Catfish  
Lake Trout over 24"  
White Bass



If you follow the 3Cs advice, you can safely double the number of *MI Servings* except for fish listed as **Limited** or **Do Not Eat** - those have high amounts of chemicals. Look for the fish with the <sup>2x</sup> to find out which are safe to double.

For more information or to get an *Eat Safe Fish Guide*, call MDCH at 1-800-648-6942 or visit us online at [www.michigan.gov/eatsafefish](http://www.michigan.gov/eatsafefish).



with support from  
**Great Lakes RESTORATION Initiative**




**\*Don't eat fish listed as Limited if you:** have health problems, are 15 years old or younger, are pregnant or breastfeeding, or are planning on having children soon. If none of these describe you, **Limited** amounts of fish (1-2 *MI Servings* per year) are generally OK to eat.

# Eat Safe Fish



caught from the lower  
**Au Sable River,  
Van Etten Lake,  
Clark's Marsh,  
Allen Lake, and  
Lake Huron**

[www.michigan.gov/eatsafefish](http://www.michigan.gov/eatsafefish)





**Most fish are a healthy food choice, but some have harmful chemicals in them.**

**This brochure will help you make healthy choices when eating fish from this area.**

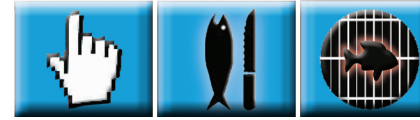
### Why aren't some fish safe to eat?

The fish from Clark's Marsh have high amounts of PFOS in them and shouldn't be eaten at all.

Some fish from the lower Au Sable River, Lake Huron and Van Etten Lake have PFOS, PCBs, dioxins, and mercury. There are guidelines on the other side of this brochure on how often it's safe to eat them.

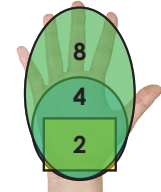


### Follow the 3Cs Choose, Clean, Cook advice to eat safe fish!



- 1. Choose** fish that are lower in chemicals. That is the best way to stay safe!
- 2. Clean** away the fatty areas along the backbone, sides, and belly. Take out all of the organs and throw them away. This helps to remove some of the chemicals, but PFOS and mercury are stored in the meat and can't be cleaned away.
- 3. Cook** fish so the fat can drip away by poking holes in the skin, or removing it, and cooking the fish on a grill or rack.

The Michigan Department of Health and Human Services uses the term **MI Serving** when explaining how much fish is safe to eat.



### How much is a MI Serving?

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

<b>Weigh Less?</b>	<p><b>For every 20 pounds less than the weight listed in the table, subtract 1 ounce of fish.</b></p> <p>For example, a 70-pound child's MI Serving size is 3 ounces of fish.</p> <p>90 pounds - 20 pounds = 70 pounds</p> <p>4 ounces - 1 ounce = a MI Serving size of 3 ounces</p>
<b>Weigh More?</b>	<p><b>For every 20 pounds more than the weight listed in the table, add 1 ounce of fish.</b></p> <p>For example, a 110-pound person's MI Serving size is 5 ounces of fish.</p> <p>90 pounds + 20 pounds = 110 pounds</p> <p>4 ounces + 1 ounce = a MI Serving size of 5 ounces</p>

### Are fish good for you to eat?



**YES!**

Fish have a lot of great health benefits.

- Fish can be a great low-fat source of protein.
- Fish are brain food.
- Some fish have heart-healthy omega-3s.

Plus fishing is a great way to get outside and enjoy Michigan's 11,000 lakes, rivers, and streams!

### Who is at greatest risk from the chemicals in some fish?

Fish are good to eat, but it is especially important that people in these groups eat safe fish:

- fetuses and children under the age of 15,
- people with serious health problems such as heart, thyroid, or immune system issues, and
- people planning on having children within the next several years.



**You can't remove mercury or PFOS from fish!**

### What about swimming and boating?

Enjoy swimming, boating, and fishing! Touching the water will not harm you.

