

Eat Safe Fish Guidelines

These guidelines are from the 2015 *Upper Peninsula Eat Safe Fish Guide*. To get the most up-to-date guidelines for lakes and rivers in Houghton County and other areas in Michigan, please visit www.michigan.gov/eatsafefish to download a copy of the *Eat Safe Fish Guide* to your smartphone or call 1-800-648-6942 to get a print copy!

Bob Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Any	1

Boston Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	None	Any	16 ^{2x}
Yellow Perch	Mercury	Under 12"	12
		Over 12"	8

Emily Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Any	2

Lake Superior

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PCBs	Any	1 ^{2x}
Burbot	PCBs	Any	Limited [▲]
Chinook Salmon	PCBs	Any	6 Per Year ^{2x}
Coho Salmon	PCBs & Toxaphene	Any	4 ^{2x}
Lake Herring	Mercury	Any	8
Lake Trout	PCBs & Toxaphene	Under 24"	2 ^{2x}
	PCBs	24" to 28"	1 ^{2x}
		Over 28"	6 Per Year ^{2x}
Lake Whitefish	PCBs, Dioxins, Toxaphene	Any	2 ^{2x}
Northern Pike	Mercury	Any	2
Rainbow Trout	PCBs	Any	2 ^{2x}
Siscowet	PCBs & Toxaphene	Any	Limited [▲]
Steelhead	PCBs	Any	2 ^{2x}
Suckers	Toxaphene	Any	2 ^{2x}
Walleye	Mercury	Any	2
Yellow Perch	Mercury	Any	2

Otter Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Any	2
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

Pike Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	6 Per Year
		Over 30"	Do Not Eat [▲]

Portage Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	Mercury	Under 20"	2
	PCBs & Mercury	Over 20"	2
Northern Pike	Mercury	Any	2
Walleye	Mercury	Under 24"	2
		24" to 28"	1
		Over 28"	6 Per Year

Rice Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 24"	4
		Over 24"	2
Walleye	Mercury	Under 22"	2
		Over 22"	1

Roland Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Under 9"	2
		Over 9"	1

Torch Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	PCBs & Mercury	Under 18"	2
		Over 18"	1
Northern Pike	PCBs	Any	2 ^{2x}
Smallmouth Bass	PCBs & Mercury	Under 18"	2
		Over 18"	1
Suckers	PCBs & Mercury	Under 16"	12
	Mercury	Over 16"	4
Walleye	PCBs & Mercury	Under 22"	1
		Over 22"	6 Per Year

2x See the **2x** box on the back of this page to learn how you can eat more of these fish safely.

▲ See the **Limited** and **Do Not Eat** boxes on the back of this page for more information.



To get the guidelines for other regions in Michigan and nearby states, please visit www.michigan.gov/eatsafefish or call MDHHS at 1-800-648-6942.

FREE LOCAL FISHING MAP & Eat Safe Fish Guidelines

eat safe fish in Houghton County



www.michigan.gov/eatsafefish

photo courtesy of Jessica Koski

What are 'safe' fish?

Safe fish are fish that are low in chemicals. If you use the *Eat Safe Fish Guide* when you choose fish to catch and eat, you will protect yourself and your family from chemicals that could someday make you sick.

If there are chemicals in the fish, why should I still eat it?

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 fun way to get outside and enjoy Michigan's 11,000 lakes, rivers, and streams!



If you follow the 3Cs and go after fish that have fewer chemicals in them, you can get a lot of health benefits and have very little risk.

Catching fish • Buying fish • Eating fish
For more information on safe fish, call MDHHS at 1-800-648-6942 or visit us online at www.michigan.gov/eatsafefish.



Using the Eat Safe Fish Guidelines

MDHHS tests only the filets of the fish for chemicals to set these guidelines. *MI Servings* are set to be safe for everyone. This includes children, pregnant or breastfeeding women, and people who have health problems like cancer or diabetes.

How much is MI Serving?

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

For every 20 pounds less 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.

For every 20 pounds more 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 plus 1 ounce = a MI Serving size of 5 ounces.

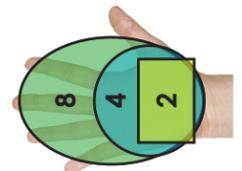
You might eat more than one MI Serving in a meal. That's OK, just keep track so you don't have too much.

Are you pregnant?

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

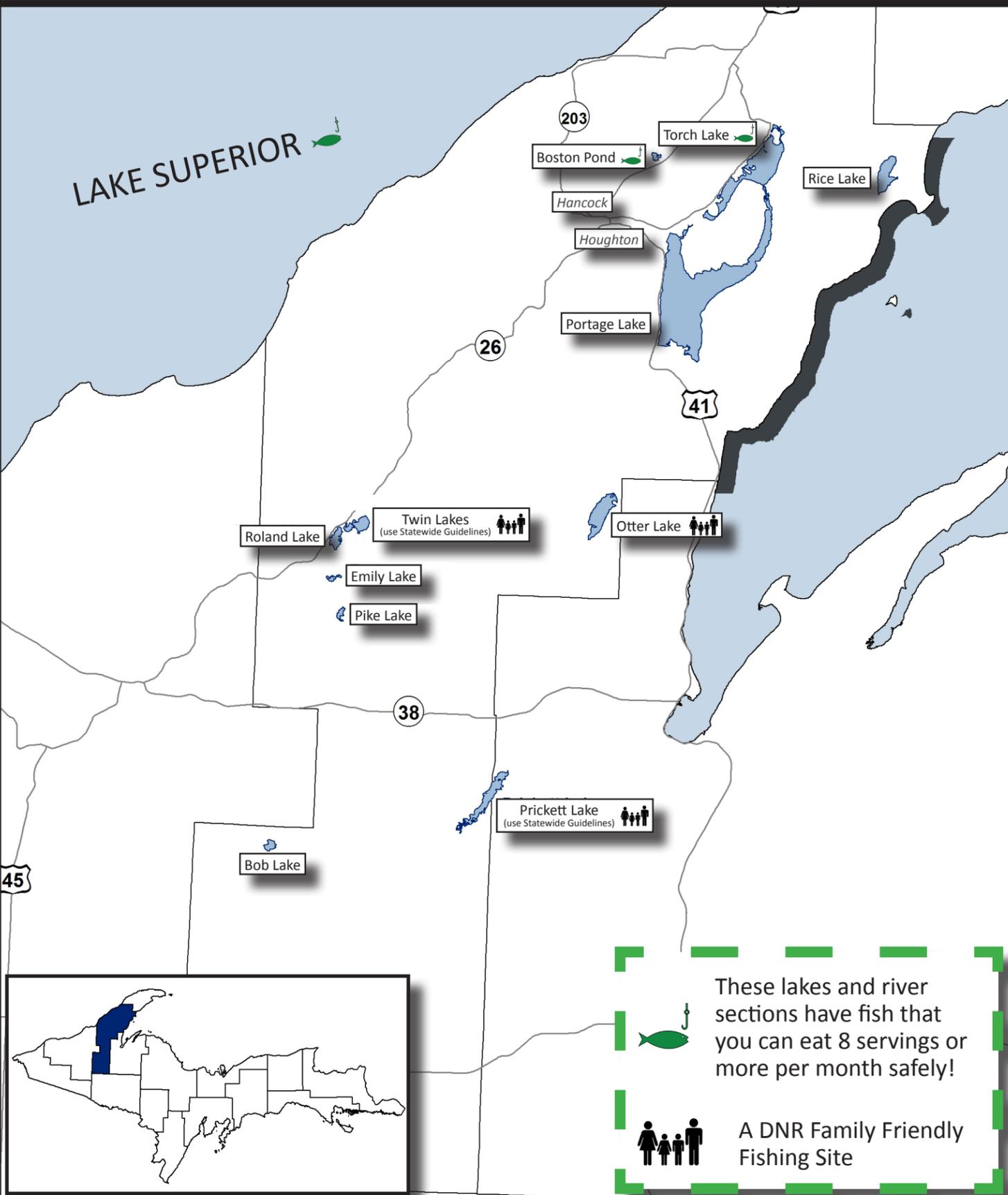
My Michigan, MI Serving Size

- 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)



Map of Houghton County, Michigan

Check the 2015 Eat Safe Fish Guidelines on the inside of this brochure for the lakes on this map. For all other lakes and rivers in Houghton County, please use the Statewide Guidelines.



Statewide Guidelines & More

Don't see a certain Houghton County lake or river listed in this brochure? Then the Statewide Safe Fish Guidelines can help you find safer fish to eat.

Only use the Statewide Guidelines if...



- the Houghton County lake or river you are fishing in is not listed in this brochure, OR
- your lake or river is listed in this brochure, but the fish species is not listed.

Statewide Safe Fish Guidelines

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

These 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 guidelines for the lake or river you are fishing in, use **those** guidelines instead of the Statewide Guidelines. The *MI Servings* recommendation will be more exact for that lake or river because those filets have been tested. For other counties in Michigan, please visit www.michigan.gov/eatsafefish to get the *Eat Safe Fish Guide* for that region.

2x, Best Choice, Limited, and Do Not Eat

2x Remove the fat; double the *MI Servings*!

PCBs and dioxins are in the fat of the fish. You can double the number of *MI Servings* if you:

- trim away the fat that you can see from the filet,
- cook the fish on a grill or broiling pan so more fat can drip away
- **Note, you can't remove mercury, selenium, or PFOS from the fish.** Do not double the *MI Servings* for fish with those chemicals listed as a Chemical of Concern.

Limited If you:

- are under the age of 15,
- have health problems, like cancer or diabetes,
- are planning on having children in the next several years, currently pregnant, or breastfeeding,

MDHHS suggests you **avoid eating all fish listed as "Limited"** because of higher levels of chemicals.

If **NONE** of the above apply to you, it is usually OK to eat fish listed as "Limited" **1 or 2 times each year.**

Best Choice Do you eat fish at least twice a week?

When using the MDHHS *Eat Safe Fish Guide*, watch for this MDHHS "Best Choice" symbol. The hook and fish mark species that you and your family can safely eat 8 *MI Servings* or more each month!

Do Not Eat No one should eat fish listed as **Do Not Eat, regardless of age or health.**

When these fish were tested, MDHHS found **very high** levels of chemicals. Eating even one meal of these fish could possibly lead to health problems in the future, regardless of age or health.