

BACKGROUND

Certain types of chemical pollution do not go away. In fact, they accumulate in animals like fish. Usually chemical pollution in fish is low. However, in some fish, this pollution can reach amounts that may cause health problems in people that eat those fish too often. This guide focuses on one contaminant – methyl mercury – because the U.S. Food and Drug Administration (FDA) have issued a nation-wide fish consumption advisory for mercury.

OTHER AVAILABLE BROCHURES

- Guide to Safe Fish Consumption
- Avoid Mercury in Fish and Seafood
- Michigan Family Fish Consumption Guide

Available at:
www.michigan.gov/mdch-toxic
or by calling 1-800-MI-TOXIC

Want more information?
Contact your healthcare provider,
local health department
or the

*Michigan Department
of Community Health*



Jennifer M. Granholm, Governor
Janet Olszewski, Director

1-800-MI-TOXIC
1-800-648-6942
www.michigan.gov/mdch-toxic

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www.saginawbaywin.org

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AVOID MERCURY IN FISH AND SEAFOOD

Shopping & Restaurant Guide



WHY SHOULD I EAT FISH?

Adding fish and fish oils to your diet can reduce your risk of heart disease and provide young and developing children with essential nutrients for good brain development.

WHAT IS THE CONCERN?

Mercury builds up and is stored in the meat of fish. This guide tells you about fish you can purchase that are likely to be low in mercury and can be eaten on regular basis.

WHO NEEDS THIS ADVICE MOST?

Children under 15 years old are most vulnerable to the mercury found in fish. Women of childbearing age and mothers with young children should use this guide to select fish lower in mercury.

Mercury in Fish Shopping & Restaurant Guide



Safe for All

These meal recommendations are designed to protect individuals that are sensitive to mercury, women of childbearing age and children under the age of 15 years old. Everyone else (the general population) will also be protected by following this advice.

Mercury in Fish Meter

Low — means fish have less mercury and are safer to eat on a regular basis (2 meals per week).

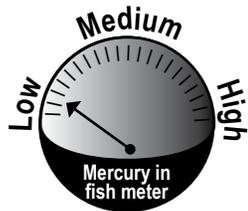
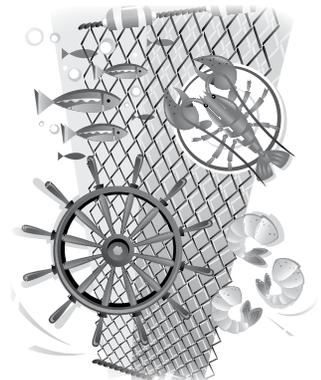
High — means fish have too much mercury and are not safe to eat on any regular basis. Any fish less than high are safe to eat in the recommended amounts.

Meal Size

Meal size for adults is 8 ounces when weighed uncooked and 6 ounces when cooked. For young children, a meals size is 4 ounces uncooked or 3 ounces cooked.

Remember!

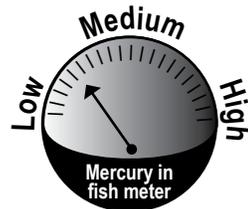
Eating a variety of fish, instead of the same type of fish for every meal, lowers your chance of repeated exposure to unsafe levels of mercury.



2 meals per WEEK

EAT

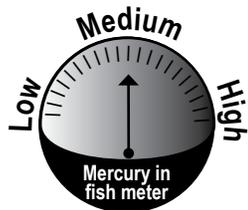
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|-----------------------------------|-----------------------------------|
| Anchovies | Catfish (farm raised) |
| Crab | Crawfish |
| Flatfish (flounder, plaice, sole) | Herring |
| Mullet | Oysters |
| Pollock | Salmon (canned, frozen, or fresh) |
| Sardine | Scallops |
| Shrimp | Squid |
| Tilapia | Trout (freshwater) |
| Whitefish | |



1 meal per WEEK

OR

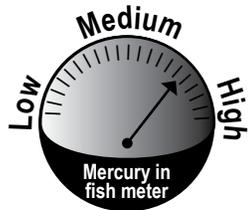
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| Cod | Jacksmelt |
| Monkfish | Tuna (canned light) |
| Snapper | Sheepshead |



2 meals per MONTH

OR

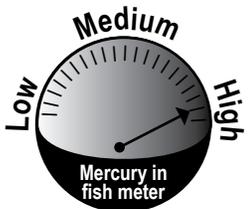
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| Bluefish | Bass (saltwater: Sea, Striped, Rockfish) |
| Halibut | Lobster |
| Sablefish | Scorpion fish |
| Tuna (Albacore, can white) | Tuna (fresh/frozen) |
| Weakfish (sea trout) | |



1 meal per MONTH

OR

- | | |
|---------|---------------|
| Grouper | Mackerel |
| Marlin | Orange Roughy |



— DO NOT EAT THESE FISH —

Shark	Swordfish
Tilefish	King Mackerel

STOP