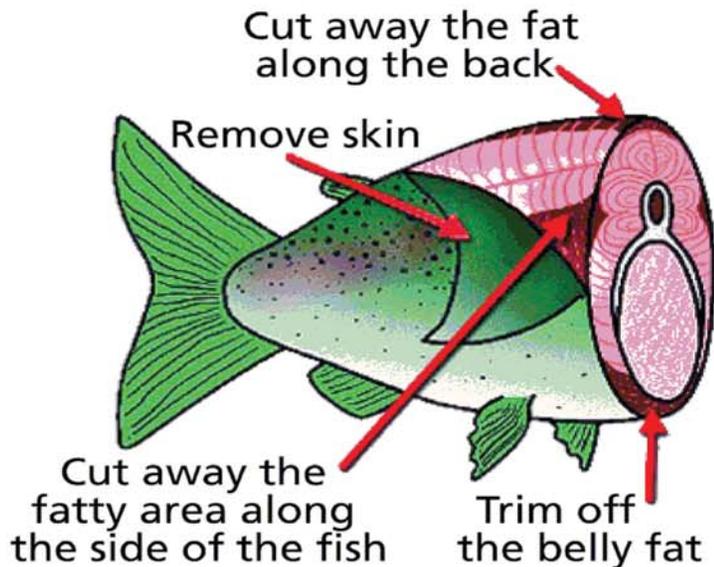


# TRIMMING AND COOKING AWAY THE FAT HELPS REMOVES UNWANTED CHEMICALS

## WHY?

Fish from the Manistique River and Lake Michigan have unwanted chemicals such as PCBs, dioxins and mercury. Removing the fat from fish can reduce the amount of most chemicals, except for mercury, by as much as half. Mercury cannot be removed from the fish.



Broil, grill, smoke or bake fish on a rack so the fat drips away.



## What is being done?

Advisories for eating some fish species from the lower Manistique River are in place because of chemicals such as PCBs and mercury that build up in the fish. The river is improving as a result of federal, state and local cleanup actions. The amount of PCBs in the fish should continue to decrease. Watch for fish consumption advisories to change as the river continues to improve.

For information about the fish advisory, contact the Michigan Department of Community Health at 1- 800-648-6942 or go to [www.fishandgameadvisory.com](http://www.fishandgameadvisory.com).

