

# Eat Safe Fish from the Detroit River

Babies, children, or people with health conditions, such as cancer and diabetes, can be harmed by the chemicals in fish. Look below to choose fish that are better to eat.

## Choose Wisely, Eat Healthy

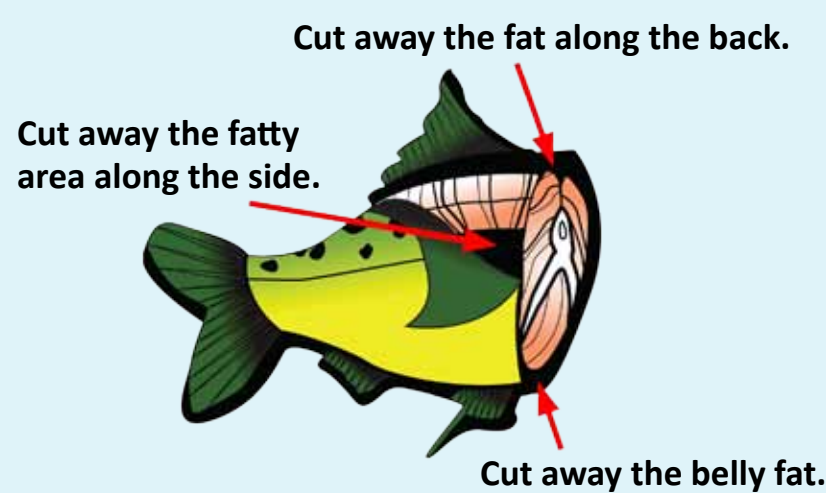
Yellow Perch, Crappie, Bullhead, Northern Pike, Largemouth (Green) Bass, Sucker, White (Silver) Bass, Carp

Bluegill, Rock Bass, Walleye, Smallmouth (Brown) Bass, White Perch, Freshwater Drum (Sheepshead), Catfish

Check the *Eat Safe Fish Guide* to find fish that are safe for you and your family to eat.

## The 3Cs to Eating Fish

- 1. Choose** fish that are lower in chemicals.
- 2. Clean** away the fat, skin, and organs and throw them away.



- 3. Cook** fish on a grill or rack so fat can drip away. Don't re-use oil used for frying fish.



Have questions? Want a free *Eat Safe Fish Guide*?  
 Visit [www.michigan.gov/eatsafefish](http://www.michigan.gov/eatsafefish) or call the  
 Michigan Department of Health and Human Services  
 at 1-800-648-6942.



Scan this code with your smartphone to get the Guide.

