

Note: Fish drawings are not to scale.

Use the chart above to find fish with less chemicals. The fish at the green part of the arrow tend to have lower amounts of chemicals. The fish at the red part of the arrow tend to have high amounts of chemicals and should only be eaten occasionally or not at all.



Before eating fish from Detroit area waters, check the **Eat Safe Fish Guide**.

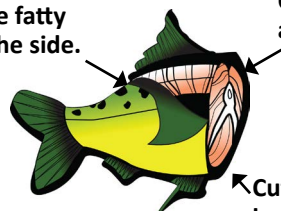
The **Eat Safe Fish Guide** lists how much fish is safe for you and your family to eat.

To get a free **Guide** or for more information, call MDHHS at 1-800-648-6942 or visit www.michigan.gov/eatsafefish.

The 3Cs to Safer Fish

- 1. Choose** fish that have fewer chemicals in their body.
- 2. Clean** away the fat, skin, and organs. PCBs and dioxins are mainly in the fat and organs. Mercury and PFOS are in the meat and can't be cleaned away.
- 3. Cook** fish on a grill or broil it in the oven so fat can drip away. Don't re-use oil used for frying fish.

Cut away the fatty area along the side.



Cut away the fat along the back.

Cut away the belly fat.

Eat Safe Fish

in the
Detroit area



A guide for
you and your family
on eating local fish as
part of a healthy diet

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.

Are fish good for us to eat?



Yes!

Fish can be a low-fat source of protein.

Fish are brain food.

Some fish have heart healthy omega-3 oils.

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

Why aren't some fish safe to eat?

Some of our lakes and rivers are polluted with chemicals, like PCBs, dioxins, PFOS (a specific PFAS), and mercury.

There are many ways chemicals end up in lakes and rivers, including wind, rain, and run-off. The chemicals stay within the water or sink to the bottom where they settle in the sediment.

Once in the water and sediment, the chemicals can build up in fish through the food chain. When you eat these fish, the chemicals can build up in your body, too. These chemicals can stay in your body for many years.

Lower the risk of harming your health from eating too many chemicals by following the **3Cs** —**Choose, Clean, Cook** in this brochure.



Chemicals in the food chain

What can happen if we eat a lot of fish with chemicals in them?

Not everyone gets sick from eating these chemicals and they won't make you sick right away. Some possible health problems if too much of these chemicals are eaten are:

- brain development can be harmed in fetuses and children,
- fertility can be harmed,
- harm to the immune system,
- cancer, and diabetes.



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

- fetuses,
- 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 several years.



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