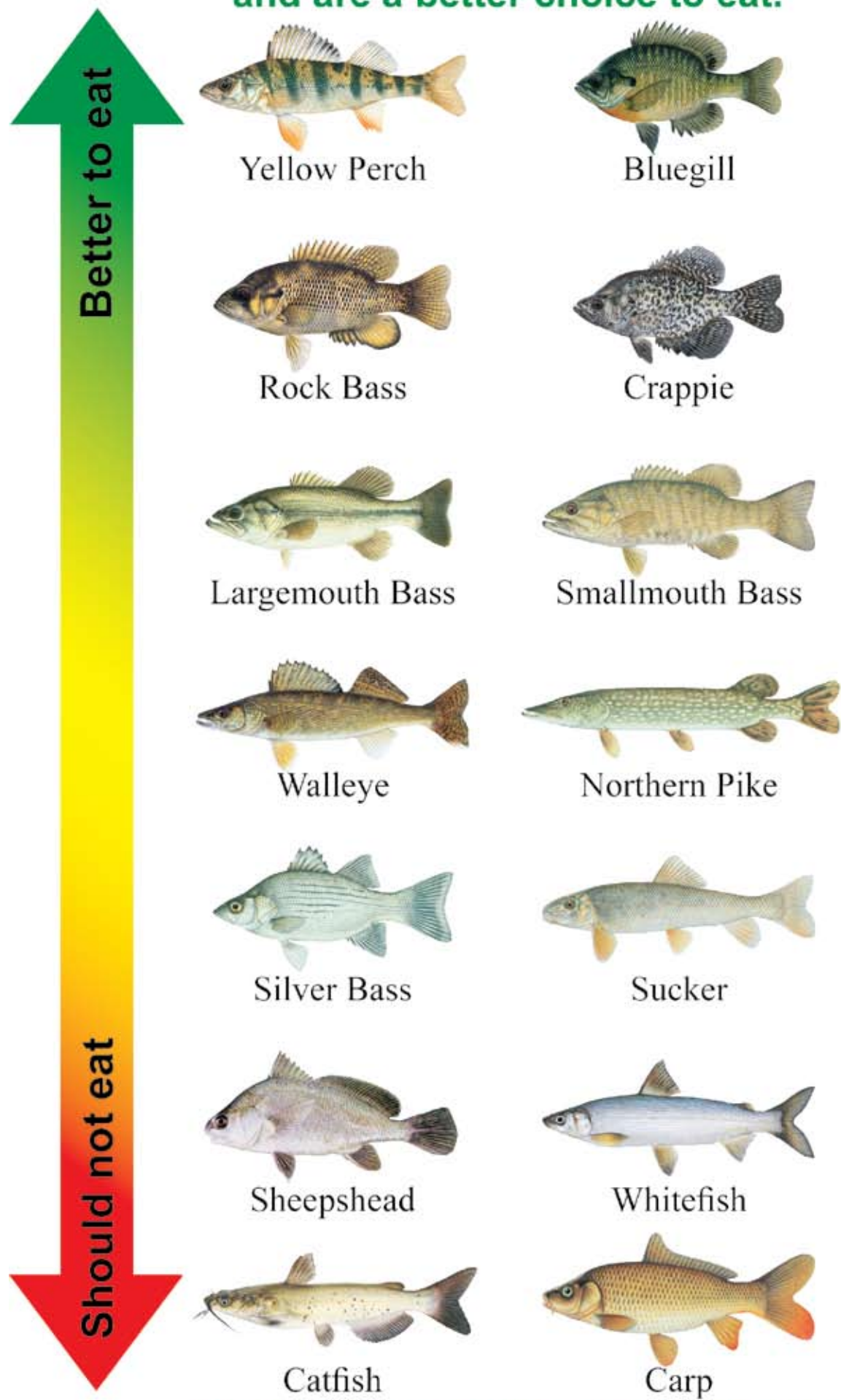


# Eating Fish from the Rouge River

## Fish are part of a healthy diet.

Most fish are safe to eat. But some fish have high amounts of chemicals in them. Eating some types of fish too often can cause health problems, especially for women and children.

These fish are lower in chemicals and are a better choice to eat.



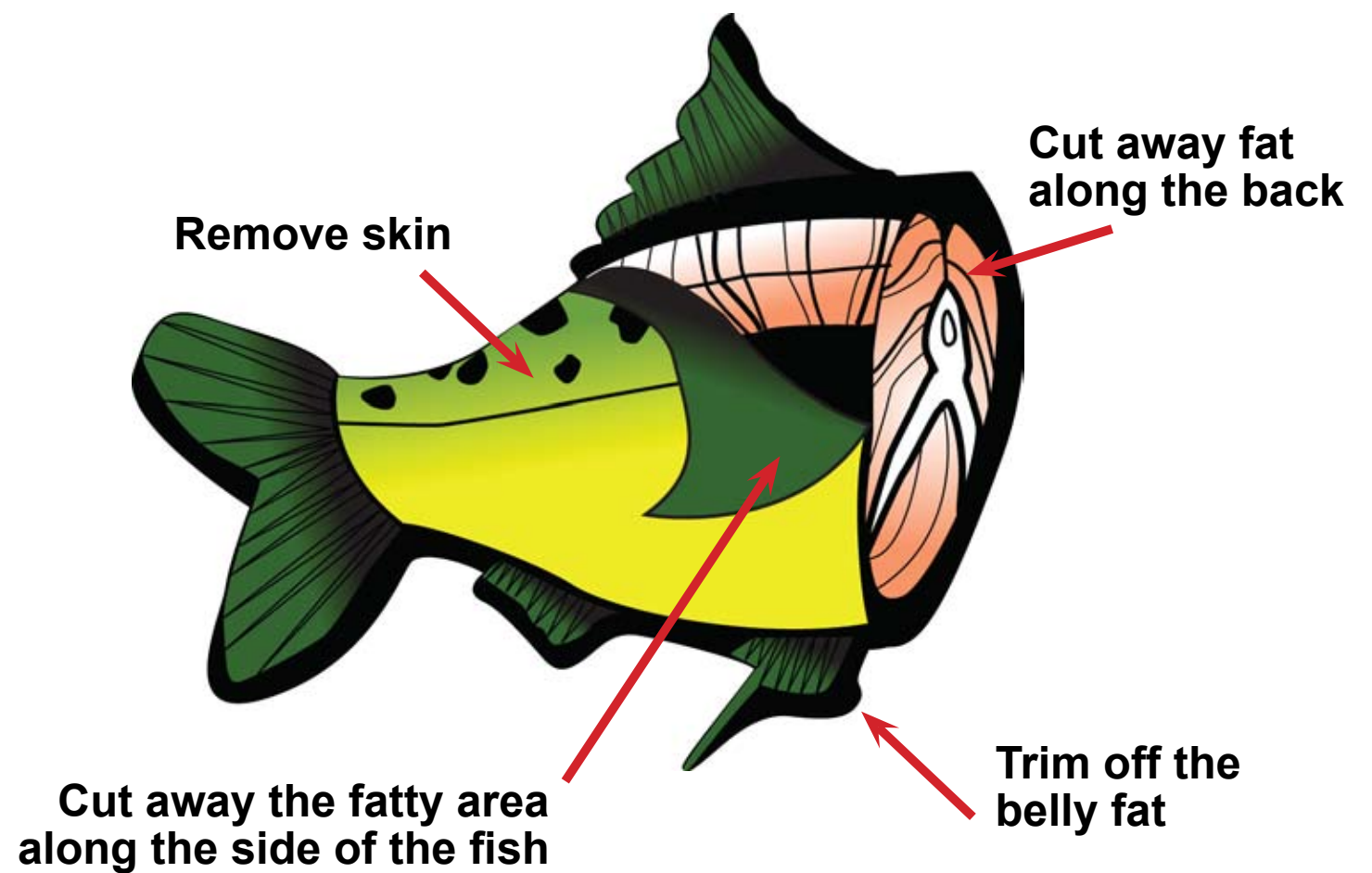
These fish are higher in chemicals.



You should not eat catfish from the Rouge River.

## Trim and Cook Fish

Trimming and cooking off the fat can remove up to half the chemicals. Cook fish on a rack or grill.



## Better Spots for Catching Catfish

These lakes have been stocked with catfish. The catfish in these lakes have less chemical contamination than the Rouge River:

- Belleville Lake, Wayne County
- Newburgh Lake, Wayne County
- Pontiac Lake, Oakland County
- Stony Creek Impoundment, Macomb County
- Ford Lake, Washtenaw County



For details and a map, call the Michigan Department of Natural Resources - Fish Division:

**1-248-359-9040**

For more details and a free copy of the Michigan Family Fish Consumption Guide, call the Michigan Department of Community Health:

**1-800-648-6942** or visit: [www.michigan.gov/eatsafefish](http://www.michigan.gov/eatsafefish)